35th anniversary issue!

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vegetarian times

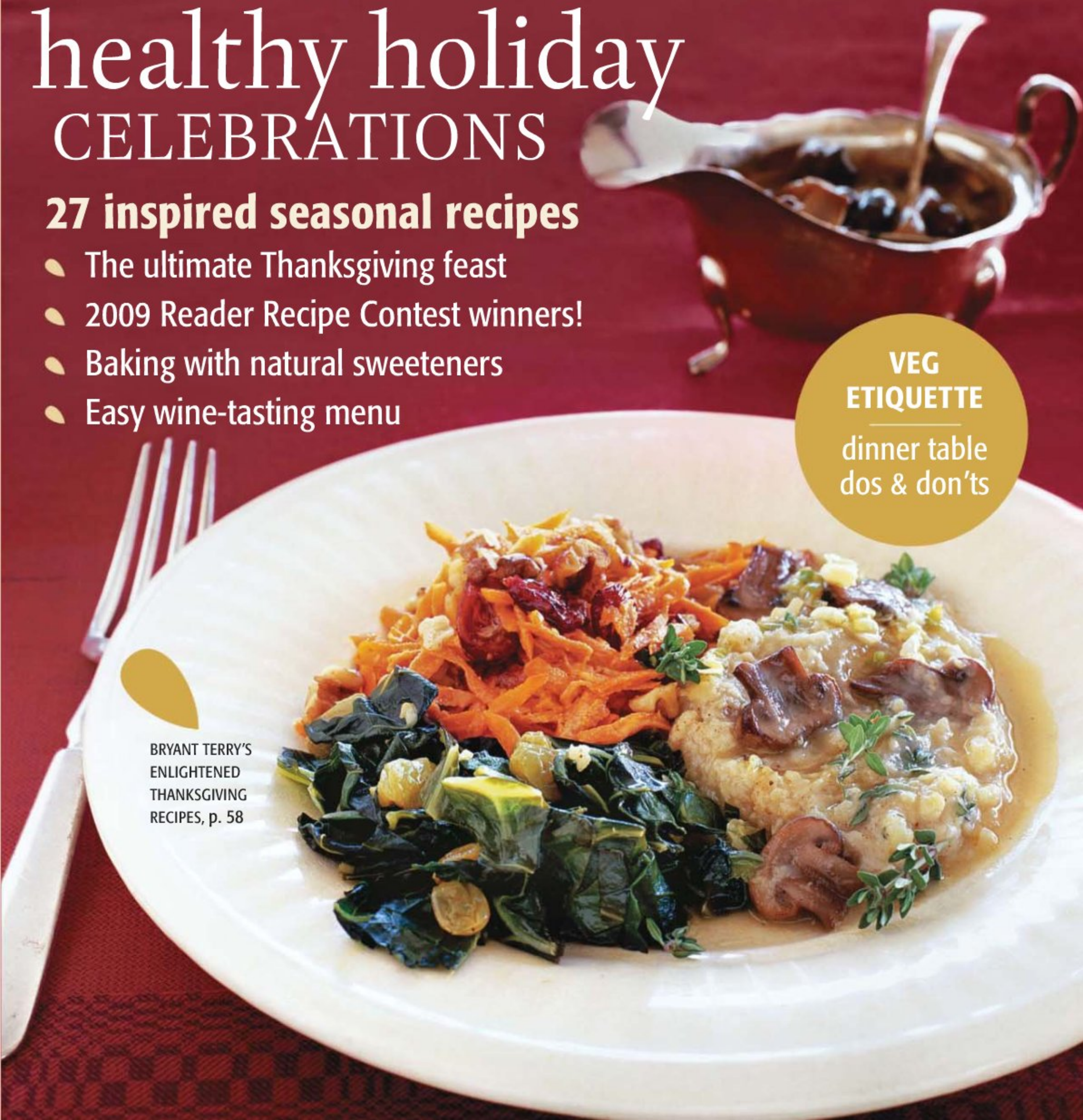
November/December 2009
vegetariantimes.com

healthy holiday CELEBRATIONS

27 inspired seasonal recipes

- The ultimate Thanksgiving feast
- 2009 Reader Recipe Contest winners!
- Baking with natural sweeteners
- Easy wine-tasting menu

VEG ETIQUETTE
dinner table dos & don'ts



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Photography by Lisa Romerein
Food styling by Valerie Aikman-Smith
Prop styling by Emily Henderson

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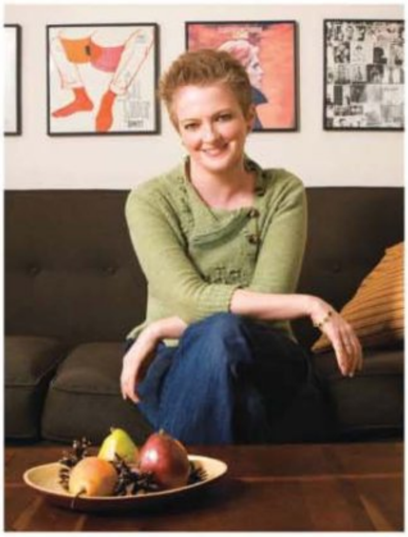
editor's note

the big 35!

The year: 1975. The place: Chicago. Issue No. 3 of *Vegetarian Times* (then a four-page newsletter) had just hit local health food stores, and it opened with these dramatic words:

> This may be the last issue of *Vegetarian Times*.... This isn't because of a lack of interest on the part of the readers. Considering our small circulation and short time in existence, the reader enthusiasm has been good.... I feel that vegetarianism is gaining a lot of popularity. Perhaps it will even be THE diet of the future, since it provides the most sensible approach to feeding the masses of the Earth....

So what was the problem? *VT*'s founding editor, Paul Obis, already had a full-time job, and it wasn't *VT*. A nurse by day, he had started *VT* as a way to share information and ideas with like-minded vegetarians.



Somehow, he kept *VT* going, and it grew. Recipe sharing was encouraged right from the start: "We can all help each other by contributing to the Recipe Exchange," Obis wrote in issue No. 1. "We will print any recipe that does not contain meat or fish as space allows." The first recipe, a Mushroom Loaf from Kathy Regester of Oak Park, Ill., offered mushroom-selection tips that included, "DO NOT PICK YOUR OWN."

Thirty-five years later, *VT* reaches about 1.4 million readers with every issue, and our recipes come from some of America's most notable chefs (see Bryant Terry's Southern-style feast, "Soul Celebration," on p. 58, and Victoria Abbott Riccardi's wine-tasting party menu, "Taste Sensation," on p. 52). But we still get an avalanche of entries for our annual Reader Recipe Contest. This year's best ("Holiday Winners," p. 70) include two delectable pot pies (one vegan, one veg), a slightly tangy Fruit and Toasted Almond Stuffing, and a centerpiece-worthy Pumpkin Cheesecake with Candied Cranberries.

Cheers!

Elizabeth Turner

PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC


FOLLOW YOUR HEART®
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DAIRY ALTERNATIVES
Angel's Heavenly Vegan Cheesecake
CRUST
1 1/2 Cup Graham Crackers, ground
3 Tbsp Earth Balance® (or any non-dairy margarine), melted
3 Tbsp Unrefined Sugar
FILLING
5- 8 oz. tubs Vegan Gourmet® Cream Cheese Alternative
1 Cup Vegan Gourmet® Sour Cream Alternative
1 Cup Unrefined Sugar
2 tsp Vanilla Extract
3 Tbsp + 1 tsp Arrowroot Powder or Cornstarch
Preheat oven to 325°F. Grind graham crackers to the consistency of a coarse flour. In a medium bowl, mix graham crackers, melted margarine, and sugar. Press mixture into the bottom of a 9-inch springform pan. In a large bowl, mix Vegan Gourmet® Cream Cheese, sugar, vanilla, and arrowroot powder or cornstarch with an electric mixer until well blended. Add Vegan Gourmet® Sour Cream and mix well. Pour mixture over crust. Bake at 325°F for 35 minutes. Cheesecake should be slightly browned and a little wobbly in the center. To decrease cracking, place pan in a waterbath while baking. Cool for at least 6 hours or overnight. Top with your favorite fresh fruit and enjoy!
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contributors



Bryant Terry

Recipe Developer, "Soul Celebration," p. 58

Who/what inspires you most? Other artists.
What's your most treasured family recipe? My maternal grandmother's fried pies filled with stewed pears.
What's your No. 1 grocery splurge? Garden of Eatin' Red Hot Blues chips. I swear they are addictive.
What's your No. 1 pantry staple? Red pepper flakes. Living in New Orleans will do that to you.
What was your best improvisatory moment in the kitchen? Using a brick wrapped in a clean kitchen towel as a panini press.



Rebekah L. Fraser

Writer, "One-on-One with Alicia Silverstone," p. 44

What did you discover while on this assignment? Other people are as obsessed with food as I am.
What's your most treasured family recipe? My aunt's gingerbread cookies! They're not vegan, and I'm allergic to half of the ingredients, but I eat them every single Christmas and any other time of the year that she bakes them.
What's your No. 1 grocery splurge? Raw cacao—I can't live without it! Hmm, but then there are also young coconuts, and GT's Kombucha. OK, I'm pretty much a terror in the grocery store!
If you were a fruit or vegetable, which would you be and why? Broccoli, because I kind of look like a broccoli stalk—tall and skinny with a poofy top—except I'm not green.



Jason Greenberg

Illustrator, "Compassion Matters," p. 66

Who or what inspires you most? Music, exploring new cities, and experiencing new cultures.
What did you discover while on this assignment? The only way to tolerance is understanding. And the only way to understanding is willingness to listen.
What's your most treasured family recipe? Definitely my mom's pasta salad: rotini pasta, feta cheese, tomatoes, walnuts, and some other goodness. I love it.
What's your No. 1 grocery splurge? Berries.
What's your No. 1 pantry staple? Granola.

vegetarian times
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letters



NO CODES HERE

After reading Rachel Dowd's article on "How to Buy Healthy Bread" (Shop Smart, September, p. 46), I wanted to point out that one paragraph of your article is somewhat misleading. Noted baker Peter Reinhart is quoted as saying, "Wheat flour is just a code name for white flour." Not so. When bakeries list "wheat flour" in the ingredients, it is to distinguish it from other types of flour, like rye, potato, barley, etc. This is particularly important because wheat is a common allergen. Similarly, the distinction "unbleached wheat flour" indicates to the consumer that the flour has not been chemically treated to remove its natural beta-carotene pigments, thus resulting in a whiter flour. "Enriched" informs the consumer that certain B vitamins and other compounds have been added to the flour; these compounds are then listed parenthetically in the list of ingredients. Bakeries do not use these distinctions between different types of refined white flour as disguises, code names, or other attempts to trick people; rather we are trying to provide our customers with accurate and complete product information that will aid them in their bread purchase. There are plenty of things to be alarmed by or wary of should you see them listed as ingredients in your loaf of bread. However, the above terms are not among them.

DARCI DEWULF | LOAFCHILD BAKERY | MARSHALL, N.C.

SHARE: Reader Recipe

Dutch Spekulaas Cookies

MAKES 48 COOKIES

Sharon Balestra of Bloomfield, N.Y., is currently starting her own business selling homemade Dutch cookies. From the taste of these, she's sure to be successful.

- 3 cups unbleached white flour
- ¾ cup white rice flour
- ¾ cup almond flour or almond meal
- 4 tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. baking soda
- ½ tsp. ground cloves
- ½ tsp. ground nutmeg
- ¼ tsp. ground ginger
- ⅛ tsp. ground black pepper
- ½ cup (1 stick) butter, softened
- ½ cup nonhydrogenated shortening
- 2½ cups dark brown sugar
- ½ cup amber honey
- 1 large egg
- 1 cup slivered almonds

1. Stir together flours, cinnamon, salt, baking soda, cloves, nutmeg, ginger, and pepper in bowl.
2. Cream butter and shortening with electric mixer in separate bowl until smooth. Add brown sugar and honey; beat until smooth. Fold in egg.
3. Knead flour mixture into butter mixture with hands until smooth. Fold in almonds. Cover, and chill 1 hour.
4. Preheat oven to 350°F. Divide dough into 4 balls. Roll 1 ball to ¼-inch thickness on well-floured surface. Cut with cookie cutters; transfer cookies to ungreased baking sheet. Repeat with remaining dough balls. Bake 8 to 10 minutes, or until edges are golden. Cool on wire rack. Decorate with icing, glaze, or sprinkles.

PER COOKIE: 156 CAL; 2 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 23 G CARB; 10 MG CHOL; 57 MG SOD; <1 G FIBER; 14 G SUGARS

CHEESE MODERATION?

I was impressed with your article on addiction to dairy ("Confessions of a Cheeseaholic," September, p. 66), and considered it well researched, comprehensive, and pretty brave. However, I was disappointed that despite the many reasons given to stop eating it, the last few paragraphs justified continuing to eat dairy. They negated everything written prior to that point. Organic dairy, at best, minimally addresses "those nagging ethical and environmental concerns" (the reason many of us go veg). You don't have to supply a built-in excuse for those who don't care—they'll simply continue to not care. I look forward to future editions of *VT,* and hope to see you maintain your brave stance right through to the end.

KERRIE KENNEDY | TORONTO

For the record: Arrowhead Mills Organic Buckwheat Pancake & Waffle Mix featured in "Editors' Picks: Super (Gluten-Free) Grains" (October, p. 18), is delicious, but it's not gluten-free. The mix contains organic whole-grain wheat flour.


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vegetarian times

2009 reader recipe contest

Thanks to our readers for the hundreds of great meatless holiday recipes! Our editorial team had a great time testing and retesting the recipes, handpicking their favorites.

Special thanks to our 2009 reader recipe contest Sponsors!

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Check out the winning recipes in this issue or visit vegetariantimes.com/recipecontest

FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Smothered Seitan Medallions in Mixed Mushroom Gravy, p. 62
2. Citrus Collards with Raisins, p. 60
3. Thanksgiving Pot Pie, p. 71
4. Spicy Tofu Bento Bowl, p. 37
5. Dutch Spekulaas Cookies, p. 10

Send your letters to: editor@vegetariantimes.com

tell *vt* What's your go-to vegetarian cookbook?

I've fallen in love with *Great Vegetarian Cooking Under Pressure: Two-Hour Taste in Ten Minutes*, by Lorna J. Sass. —MARK

The PDQ Vegetarian Cookbook, by Donna Klein. All of the recipes are fast, simple, and surprisingly delicious! —RACHEL

I love Mark Bittman's *How to Cook Everything Vegetarian*. It is my cooking bible! —TIM

My go-to cookbook is *Moosewood Restaurant Cooks at Home*, by [the Moosewood Collective]. The recipes are fast, easy, and delicious —CAROL

My old faithfuls are *Vegan with a Vengeance* and *Veganomicon*, by Isa Chandra Moskowitz; *The Big Book of Vegetarian*, by Kathy Farrell-Kingsley; *Vegan Express*, by Nava Atlas; and happyherbivore.com's e-cookbooks. Can my collection of *VT*s count as a cookbook? I use it a lot, with the help of vegetariantimes .com to find which issue a recipe was in. —SARA

I love *A Year in a Vegetarian Kitchen: Easy Seasonal Dishes for Family and Friends*, by Jack Bishop. It's sorted into seasons, so I can look for what to cook by when it's in season. The dishes are delicious and cover a wide variety of cooking back-grounds. —HALEY

Priscilla Feral's *The Best of Vegan Cooking*. —WILLY

next question:

What is your favorite first meal to start the New Year off right?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

THIS. JUST. IN.

EDITED BY Amy Spitalnick

Need-to-know info about your health, diet, mind, body, and the world you live in

the big 35 happy anniversary, *vt*

Launched way back in November 1974, *VT* started out as a four-page typewritten newsletter run out of kitchens, living rooms, and cardboard boxes. To commemorate our 35th anniversary, we're offering snapshots throughout This Just In of our evolution into America's definitive veg cooking magazine. Won't you join us on our boogie down memory lane?

vegetarian times



October 1976



March/April 1978



December 1983



May 1987



December 1995



November 1998



July 2001



October 2001



September 2002



August 2003



November/December 2004



October 2009




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[Q&A]



ALIA MALLEY

Michael Pollan's *The Omnivore's Dilemma,* a book that tracks (in often excruciating detail) how food reaches the consumer, was named one of the 10 best books of the year in 2006 by both *The New York Times* and *The Washington Post*. Three years later, Pollan, a journalist who teaches at the University of California, Berkeley, has released a young readers edition.

—JOLIA SIDONA ALLEN

FOOD DETECTIVE

Q: What inspired you to adapt *The Omnivore's Dilemma* for young readers?

A: A desire to get middle schoolers to pay more attention to their eating. If we're going to change the food system, we have to begin with the population that's between 10 and 18, where the problem is most severe. People born after 2000 have a 1 in 3 chance of developing type 2 diabetes.

Q: Why did you write the book in the first-person and adopt a narrative, storytelling style?

A: I'm a surrogate for the reader. I go to places the reader can't. And a narrative style is entertaining—it turns dry exposition into a kind of adventure. Pleasure is a very important part of this book. I'm not lecturing people; I'm taking them on a journey.

Q: When it comes to educating children about their food choices, what roles do schools and parents play?

A: School cafeterias serve chicken "McNuggets" and give kids 10 minutes to eat, educating them to be the next generation of fast-food eaters. We need to give kids good food and enough time to eat it, teach them where food comes from, and provide them with opportunities to grow the food in school gardens and cook it in school kitchens. Knowing how to cook is an essential skill. Parents can also get their kids involved in cooking. They need to take back control of their kids' diets, which has been ceded to food marketers. [Parents] need to be the gatekeepers.

WEB EXTRA: For more of our interview with Michael Pollan, visit vegetariantimes.com/pollan.

the big 35 vegetarian times

memorable moment

October 2002 *VT* accompanies the founder of Newman's Own Organics, Nell Newman, on a trip to the farmers' market in Santa Cruz, Calif.


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hive heaven

Whether you drizzle it on toast, spoon it into tea, or substitute it as a sweetener when baking, honey is truly nature's gold. We've selected three shining examples of its tantalizing goodness.

—GABRIELLE HARRADINE

[TASTE TEST]







HONEY	BLOOMING BENEFITS	THE BUZZ	SHOPPING INFO
Himalaya Organic Soliga Forest Honey	Sales support India's native Soliga tribe.	Tempts with true honeycomb taste	$7.99/8.8 oz.; soligahoney.com
Airborne New Zealand Manuka Honey	Manuka plants are celebrated for their medicinal properties.	Deliciously complex and full-flavored	$16.49/17.64 oz.; amazon.com
Rare Hawaiian Organic White Honey with Hawaiian Lilikoi	This pure, unfiltered honey comes to you practically handpicked.	Delicate passion fruit flavor with floral overtones	$16/8 oz.; volcanoislandhoney.com



what we're eating too much of this month

The delectable perfection of **Laughing Giraffe Organics Vanilla Almond Snakaroons** can be yours even if you've got issues with gluten or you're strictly vegan. Add a package to a holiday gift basket—if you can keep from breaking into it first! $9.99/11 oz.; thelaughinggiraffe.com

IT'S NOT JUST FOR CORNBREAD STUFFING ...

Cornmeal is also a quick, nontoxic fix for vinaigrette and veg gravy carpet spills. Spread it on the spot; wait 15 minutes, then vacuum. [Source: *Smart Mama's Green Guide*, by Jennifer Taggart]

DASHA WRIGHT

the big 35 notable quote

June 2005 "I see honeybees as the canary in the agricultural mine shaft, and right now, the canary is very sick."

—John Bayer, third-generation beekeeper

vegetarian times

Sorry, high fructose corn syrup.
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in this granola bar for all of us.



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COURTESY NATIVE FOODS

Tanya Petrovna founded Native Foods in 1994. Since then, the vegan restaurant with a global consciousness has expanded into eight locations in Southern California, with plans to grow a dozen more branches reaching beyond the Golden State. Now that visions of sugarplums are starting to dance in our heads, we asked Petrovna about **egg-free holiday baking.**

Her suggestions:

- **Substitute** ¼ cup coconut milk per egg. Because of coconut milk's natural fat content, you don't need to add oil to make up for the missing egg fat. Watch out for overwhelming a recipe with coconut flavor, though a hint can be very engaging.
- **Purée** 1 tablespoon raw flaxseed in a blender with ¼ cup water per egg. This provides a nice gooey texture to help bind ingredients, as an egg does. Reserve for recipes that will suit or mask flaxseed's nutty taste.
- **Stir** 1 teaspoon sunflower or canola oil, cashew or almond butter, or tahini into soymilk—¼ cup per egg. Recommended for cookie recipes!
- **Blend** silken tofu—¼ cup per egg—in a blender with the recipe's liquid ingredients. This works best for baked goods with a denser texture, such as a chocolate or carrot cake. For a creamier texture, mix equal parts silken tofu and vegan cream cheese.
- **Add** dried fruit, such as apricots or plums, to a saucepan with equal amounts of water, and simmer for 10 to 15 minutes, then purée. Substitute ¼ cup of purée per egg. Any remainder doubles as a jam or dessert topping.

WEB EXTRA: **Search vegetariantimes.com for Chef Petrovna's (eggless) "Vegan Gingerbread".**

the big 35 vegetarian times

notable quote

November 1990 "I wanted to make the recipes so easy that even meat eaters could cook this stuff easier than their meat recipes."

—Linda McCartney, about her best-selling cookbook, *Linda McCartney's Home Cooking*

NATURAL Rx

Problem: Cold and flu
Solution: Black elderberry

The scoop: The next time you catch a nasty bug, try finding relief in black elderberry. The fruit of the black elderberry plant (*Sambucus nigra*) is believed to boost the immune system and stimulate white blood cell production, helping to battle infection. Research in *The Journal of International Medical Research* found that consuming syrup produced from black elderberries significantly reduced flu symptoms.

What to look for: Black elderberry is most effective in syrup form. Take the recommended dose four times a day at the first signs of illness, advises Sheila Kingsbury, ND, chair of the Department of Botanical Medicine at Bastyr University.

—MEGAN MATTES



Try: Sambucol Original Liquid, $14.87/7.8 oz., amazon.com; Gaia Herbs Rapid Relief Black Elderberry Syrup, $20.40/5.4 oz., iherb.com

Hot Click!
vegdaily.com

Over the holidays, don't forget to stop by vegdaily.com for virtual visits with your extended veg family—a cozy clan of techies, bookworms, cooks, activists, and fashionistas. "VEGdaily is committed to representing the full spectrum of people who make up this awesome community," says cofounder Michael DuDell.

THIS JUST IN



peace-full

For millennia, we've paused to offer up a prayer prior to digging in to a meal. There's tremendous power in this moment of quiet reflection, says yogi, psychologist, and peace activist Martin Horowitz: "My dream is that everyone would stop for a moment before they eat to focus their awareness on the need for peace in their own life and in the world, and say the simple, nonsectarian prayer: 'eat in peace.'" To that end, Horowitz has founded—with partner Jo Lyn Watson—the non-profit Eat in Peace Foundation, which embraces humanitarian efforts to end poverty and the conflict it too often engenders. Proceeds from the Peace Prayer Bowls, created by Horowitz, help fund the foundation. $9.95; peaceprayerbowls.com

—HILLARI DOWDLE

the big 35 memorable moment

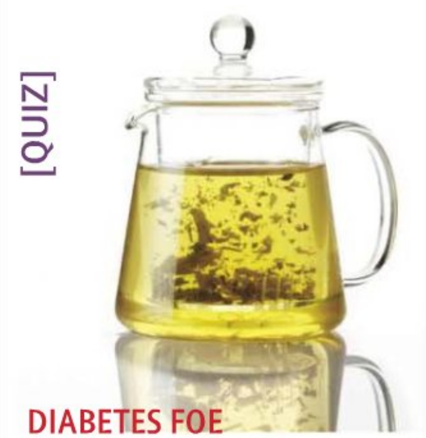
October 1979 *VT* comic strip "The Veg Avenger" debuts, with the hero foiling a plot by Ronald McDonald to sabotage a food co-op.

vegetarian times

kinder, gentler wool

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[QUIZ]



MIKE LORRIG

DIABETES FOE

November is National Diabetes Month, and tea could help manage the disease, thanks to the polysaccharides it contains. These carbs aid in slowing absorption of glucose. The polysaccharides in which type of tea may be the most potent?

a. white b. green c. black

Answer: c. black [Source: *Journal of Food Science*]

BY Gabrielle Harradine



FAB FOR FOODIES

1. STYLE THAT STICKS These fun Magnetic Spice Jars from Mountain Rose Herbs come with a shaker lid that can be removed for spoon measuring. $3.75/each; mountainroseherbs.com

2. CHOCOLATE HEAVEN What could be better than a tin of truffles? Two tins and a reusable container perfect for packing lunch in. $30/10 truffles and two-tier tin; coco-zen.com

3. CUSTOM CRUNCH Choose your granola, fruits, nuts, seeds, and extras: Mix My Granola lets you create a blend and then name it. Starting at $4.49/16 oz.; mixmygranola.com

4. DIVINE E.V.O.O. Oilerie's Little Dipper gift set pairs garlic-infused olive oil with a tasty spice blend for bread-dipping pleasure. $25; oilerie.com

5. NUTTY GOURMET The color of macadamia nut oil adds pizzazz, and the taste transports. $7.75/8.5 oz.; mountainroseherbs.com

6. PERFECT ACCENT Cassina Rossa Truffle Salt enhances any meal with the earthy taste of truffles. $27/3.5 oz.; cubemarketplace.com

gift-o-rama

We've found 36 holiday-worthy gifts priced at less than $36. And with our seven categories, one is sure to fit every special someone on your list

PET PLEASERS

7. HEALTHFUL TREAT Combine play and snack time with NuHemp Fruit & Veggie Medley Fetch'erz Ballz! $6.99; nuhemp.com

8. COMFY CAT NAP Let your cat or dog relax in toxin-free comfort with the West Paw Design Eco Nap. $27.90/extra small; westpawdesign.com

9. FEISTY VEGETABLE The Purrfect Play Happy Carrot is stuffed with organic catnip and made from organic Colorgrown fleece for good, clean fun. $8.95; purrfectplay.com

10. & 11. SPORTY WEAR Earthy colors and eco bamboo webbing make the Wagging Green Leash and Collar great gifts for any canine. $29.99/leash, $21.99/collar; wagginggreen.com

12. ORGANIC PLAY Ollie the Hemp Owl is organic and has a squeaker for your dog's chewing pleasure. $9; taraluna.com



PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

Circle reply #26 on Info Center card



GREEN GIFTS

13. DECK THE HALLS Old magazines are the raw materials for these adorable fair-trade Recycled Paper Ornaments from Mountain Avenue. $22.50/set of 3; mountainavenue.com

14. MESSAGE IN A BAG The stylish Elsewares Recycle Mighty Tote Bag is the perfect mix of lightweight material and strength. $20; elsewares.com

15. SHINE A LIGHT Brighten a backyard with the fair-trade Serrv Recycled Bottle Lantern. $22; serrv.org

16. THE GREENEST T-SHIRT It's made from 100 percent recycled plastic bottles, dyed with a no-water process, and feels oh so soft. $35.99; shop.alottosay.com

17. BYE-BYE BAGGIES Cute patterns and easy cleanup make 3 Green Moms Lunch Skins the new eco-smart way to pack a sandwich or snack. $8.95/large, $7.85/small; 3greenmoms.com



FOR THE STYLEPHILE

18. TEA TIME Rishi's Organic Black Tea Set includes two fair-trade teas and a petite glass teapot to brew them in. $25; rishi-tea.com

19. CIRCLES UNITE The Chilewich Vinyl Dots Runner meshes sweet design with a sleek washable finish. $28; sprouthome.com

20. LAPTOP LOVE Cushy and cute Kena Kai FELTtech Computer Sleeve is made from 100 percent recycled PET bottles. $29.99/13.3-inch; kenakai.com

21. CITRUS BLISS The Pacifica Tuscan Blood Orange perfume and candle set is a perfect blend of fruit and spice. $24; sephora.com

22. BRIGHT IDEA Perfect for sewing needles or jewelry, pages of recycled polyester in the Sharon Felt Pages booklet can store anything you pin inside. $22; asterandsage.com

23. ROCK THE NIGHT AWAY Curved bottoms turn these Rocking Glasses into an evening of fun. $25/set of 4; zwello.com

win!

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Circle reply #31 on Info Center card



D.I.Y. DELIGHTS

24. FOOD PROJECTS Homemade jam and pickled veggies are a snap with the Fagor Home Canning Kit. $29.95; amazon.com

25. THE CHOCOLATIERS CLUB Navitas Organic Superfood Chocolate Kits are a fun, interactive way to get your chocolate fix. $9.99; navitasnaturals.com

26. PUT IT ALL TOGETHER The Fred Flare Recipe Journal can turn anyone's favorite recipe pile into a neat collection. $24; fredflare.com

27. CRAFTY CARDS Hello Lucky Handmade Hellos book has everything you need to fashion up fresh and arty greetings. $19.95; hellolucky.com

28. DYEING FOR FUN The Dharma Trading Co. Indigo Dye Kit lets you get in touch with your inner designer. $16.15; dharmatrading.com

KID STUFF

29. KEEP ON TRUCKIN' This Recycling Truck is keeping it real: made from old milk jugs. $21.95; greenfeet.com

30. MOO ... RE FUN Crocodile Creek turns the traditional playground ball into a colorful bouncing cow. $8.99/ 7-inch; oompa.com

31. KITCHEN PLAY The Sur la Table Sous Chef Baking Set has 25 pieces of colorful cooking fun. $19.99; surlatable.com

32. SO SQUEEZABLE We love Blabla Kids Rattle Birds, which are hand-knitted by Peruvian artisans. $29 (Sontina, shown); blablakids.com

33. HUG & HELP What child wouldn't love a soft, cuddly bear to soothe any bumps or bruises? Grampa's Garden Teddy-Pac can be cooled or warmed. $17; grampasgarden.com





34 35 36

STOCKING STUFFERS

34. INDOOR FOREST Frosty Pine aromatherapy for anywhere in the house. $15.99; auracacia.com

35. EDIBLE WONDER A special raspberry and yumberry treat. $4.99/11 oz.; croftersorganic.com

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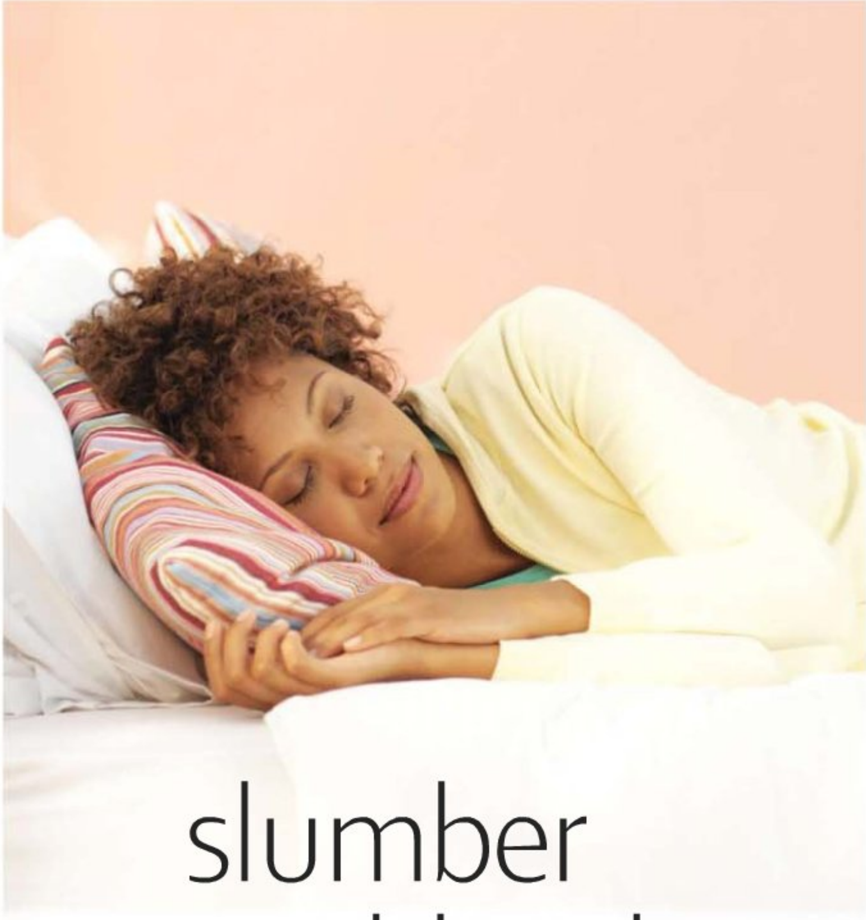
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BY Neal Barnard, MD

Can poor sleep = weight gain?



slumber blunders

Q: I'm having trouble controlling my weight. Aside from a healthful diet and exercise, is there anything else I can do?

A: Yes. Go to sleep. Surprisingly, people who miss out on sleep tend to gain weight. In the 1980s, U.S. government researchers tracked sleep patterns among Americans as part of the National Health and Nutrition Examination Survey. Those who slept only five hours a night were 60 percent more likely to be obese than people sleeping a normal seven to nine hours. And those who got only two to four hours of shut-eye were more than twice as likely to be obese.

A University of Wisconsin study of more than 1,000 people found the same thing: you're more likely to pack on the pounds if you skimp on sleep.

Why does this happen? The first reason is obvious: you can't reach for a doughnut if you're unconscious. Turning out the lights puts a stop to late-night snacking.

But there is more to it than that. Physically, sleep helps you in three ways: First, sleep restores your appetite control. Let me draw an analogy: if you've been on the highway at night, you've probably noticed that road crews do most of their work during this time, before the morning rush hour begins. Your brain takes advantage of downtime too. When your daily activities are over and you lapse into sleep, your brain gets to work. It restores your appetite monitor, among myriad other tasks that it performs to get you ready for the day ahead. Blood tests prove it. When you're asleep, your body produces more leptin, an appetite-managing hormone. If you stay awake on into the night, your normal leptin surge is reduced, which means less appetite control the next day.

Second, sleep restores your emotional equilibrium. If you find yourself eating because of stress, anger, or loneliness, it's important to remember that emotional problems (and physical ones too) disturb you more when you're sleep-deprived. When I was in medical school and residency, I could always tell who had been on call in the hospital the previous night. Sleeplessness made them moody—sometimes grouchy, sometimes giddy, and generally unpredictable. A good night's sleep helps to mend your mood, and that helps you avoid stress eating.

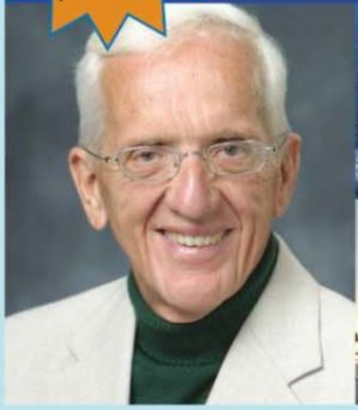
Third, sleep restores your energy. If you're physically worn out, it's more tempting to sideline any plans you may have had to work out at the gym, go on a long walk, or take care of yourself in general. You'll do anything—and eat anything—just to get through the day.

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A good night's sleep helps to mend your mood, and that helps you avoid stress eating.

Q: Can getting too little sleep hurt you physically?

A: You bet. The negative effects of sleep deprivation don't stop with weight gain. People who chronically miss out on sleep are more likely to develop diabetes and high blood pressure. If the body never gets any downtime, it can have problems managing physical functions, such as blood sugar and blood pressure levels.

Q: I never sleep well. Do you have any advice?

A: First, get plenty of physical activity. Keep in mind that sleep rests both the body and the mind. So if you have been sedentary all day, your body does not feel much need for rest and you'll lie awake longer. But if exercise has made your body tired, sleep comes easily, restoring body and mind. A few push-ups or similar muscle-stressing exercises before bed can help. Be careful about aerobic activities, such as running, before sleep; they sometimes have the opposite effect, interfering with sleep.

If you are chronically sleep deprived, here are a few no-no's:

Caffeine. As much as one-quarter of the caffeine in a morning cup of coffee is still in your bloodstream 12 hours later. Everyone reacts to caffeine differently, so pay attention to how it affects you.

Alcohol. A glass of wine may lull you into slumber. But a few hours later, alcohol converts to closely related chemicals, called aldehydes, which are stimulants that can wake you up well before dawn.

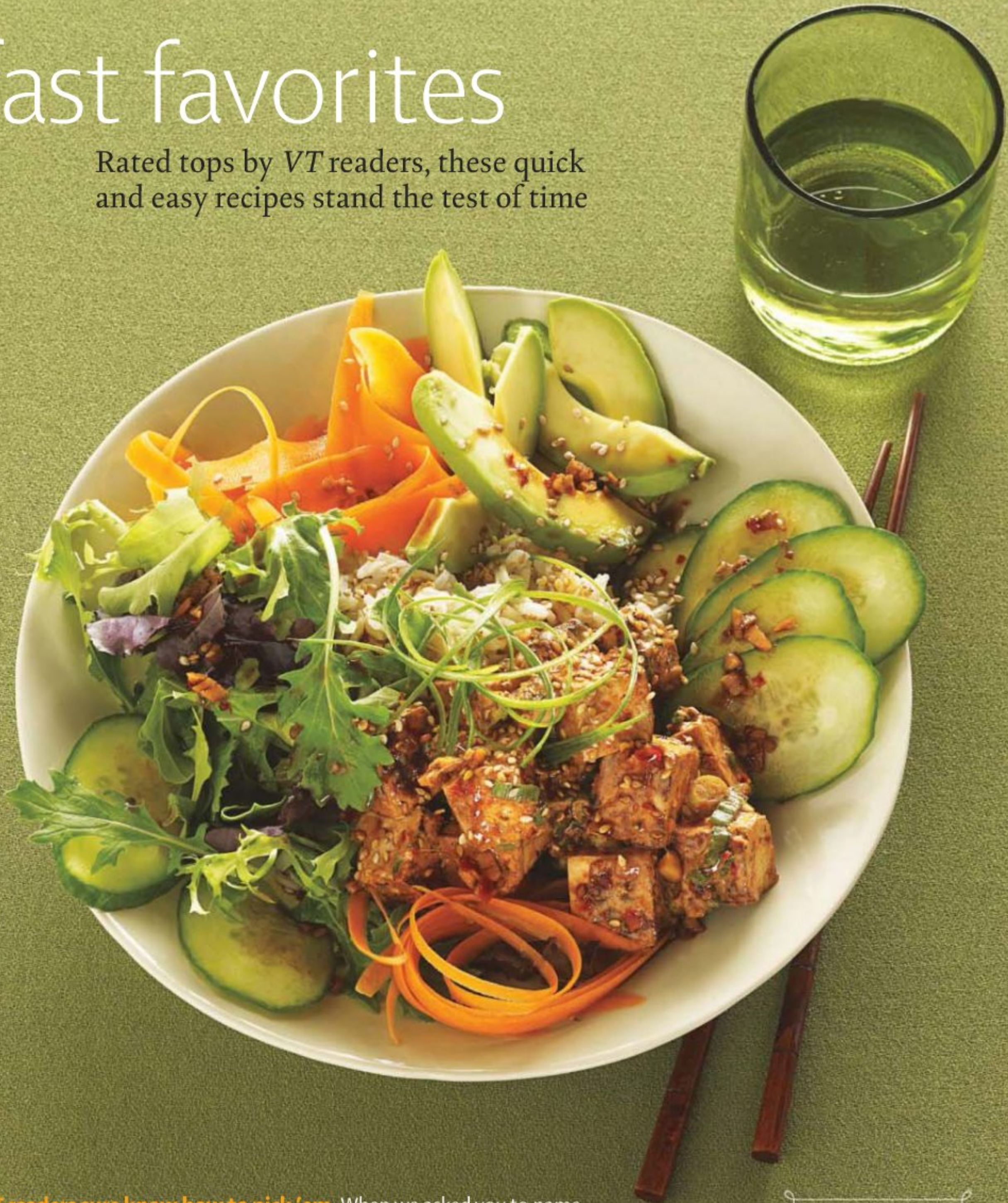
High-protein foods. If you're having a big bean burrito or other high-protein food, have it for lunch, not dinner. High-protein foods reduce your brain's ability to produce serotonin, a mood-regulating chemical that helps you sleep. Instead, emphasize starchier foods in the evening. They boost serotonin production in your brain and help you drift off to sleep when the time comes.

Finally, act like a kid. Most children sleep beautifully. They stretch and yawn, then lapse into sleep, and are practically unarousable until morning. If you are chronically wired, go through the same motions: stretch and yawn, even if you have to fake it. Do this a few times, and you'll find a normal sleep response soon follows.

Neal Barnard, MD, lives in Washington, DC, and always sleeps like a baby.

fast favorites

Rated tops by *VT* readers, these quick and easy recipes stand the test of time



VT readers sure know how to pick 'em. When we asked you to name your all-time favorite *VT* recipes from the past 35 years, the ones you chose weren't elaborate chef-style creations or flash-in-the-pan novelty items. Instead, you gave top marks to recipes that are a snap to make, as well as incredibly healthful and tasty—with all the flavor coming from easy-to-find ingredients.

SPICY TOFU BENTO BOWL, p. 37

PHOTOGRAPHY Carin Krasner FOOD STYLING Valerie Aikman-Smith PROP STYLING Robin Turk



Circle reply #1 on Info Center card

Szechuan Black-Eyed Pea Salad

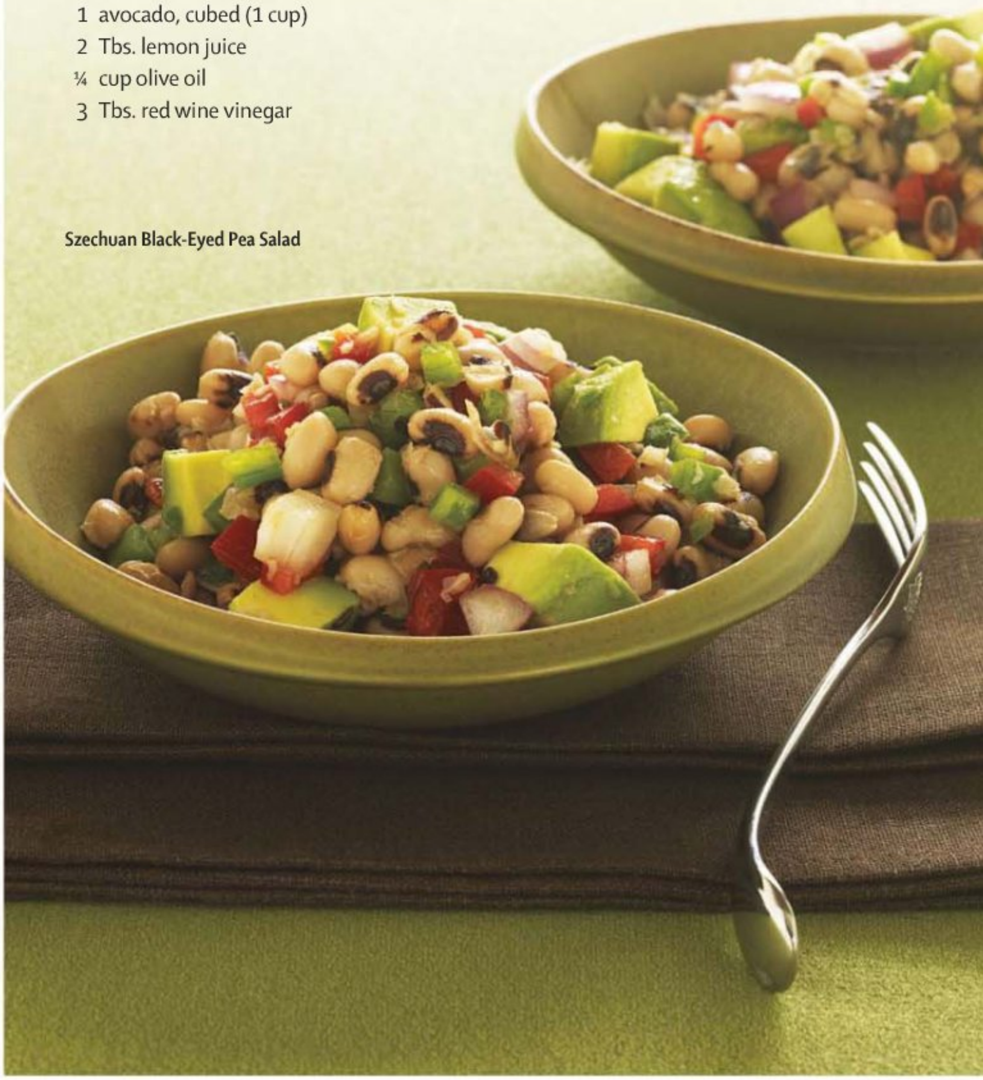
SERVES 6 | VEGAN | 30 MINUTES OR FEWER

It's no small wonder that this salad won first prize in *VT*'s 2007 Reader Recipe Contest and has continued to win over readers ever since: the perfect combination of basic ingredients makes for a salad that's delicious as a light lunch or hearty dinner side dish.

- 2 14-oz. cans black-eyed peas, rinsed and drained
- 1 medium green bell pepper, chopped (1 cup)
- ½ cup chopped red onion
- 1 jalapeño chile, seeded and finely minced (2 Tbs.)
- 1 clove garlic, minced (1 tsp.)
- 1 avocado, cubed (1 cup)
- 2 Tbs. lemon juice
- ¼ cup olive oil
- 3 Tbs. red wine vinegar
- 1 Tbs. vegan Szechuan sauce
- 2 tsp. sugar

1. Toss together black-eyed peas, bell pepper, onion, jalapeño, and garlic in large bowl. Toss avocado with lemon juice in separate bowl. Add avocado to black-eyed pea mixture.
2. Whisk together oil, vinegar, Szechuan sauce, and sugar in bowl used for avocado. Add black-eyed pea mixture, and toss to mix.

PER SERVING (¾ CUP): 223 CAL; 5 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 20 G CARB; 0 MG CHOL; 438 MG SOD; 6 G FIBER; 3 G SUGARS



Szechuan Black-Eyed Pea Salad

Need inspiration for weekday lunches and dinners?

Check out these recipes seasoned with spicy global flavors.

Italian Chickpea Soup

SERVES 8 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Back in the days before you could log on to vegetariantimes.com, readers clipped out this 1993 recipe, copied it by hand to give to friends, and kept the original safe in a recipe box. Here, we've reprinted and revised it (our 2009 taste buds wanted more spice) so no one has to dig into recipe archives to try it again—and in a month or so, it'll be online for all to enjoy.

- 4 cups low-sodium vegetable broth
- 1 medium onion, chopped (1½ cups)
- 3 cloves garlic, minced (1 Tbs.)
- 1 small bay leaf
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- ⅛–¼ tsp. cayenne pepper
- 2 16-oz. cans chickpeas, rinsed and drained
- 2 large sweet potatoes, peeled and cut into ½-inch cubes (6 cups)
- 1 stalk celery, finely diced (½ cup)
- 1 Tbs. Dijon mustard
- ⅓ cup chopped fresh parsley, plus a few sprigs for garnish

1. Bring broth, onion, garlic, bay leaf, thyme, oregano, cayenne pepper, and 2 cups water to a boil in large saucepan over medium heat. Simmer 5 minutes. Add chickpeas, sweet potatoes, celery, and mustard, and simmer 10 to 12 minutes more, or until vegetables are very soft.
2. Mash vegetables and chickpeas to chunky purée with potato masher or large spoon. (Chickpeas will remain mostly whole.) Stir in parsley, and season with salt and pepper, if desired. Garnish each serving with parsley sprig.

PER SERVING (1 CUP): 247 CAL; 8 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 51 G CARB; 0 MG CHOL; 405 MG SOD; 9 G FIBER; 7 G SUGARS

Spicy Tofu Bento Bowl

SERVES 6 | 30 MINUTES OR FEWER

This salad from October 2006 gives classic veg ingredients an Asian flair. *Bento* refers to bento boxes, the containers with separate compartments used for take-along lunches in Japan.

SPICY TOFU

- ¼ cup low-sodium soy sauce
- ¼ cup chile-garlic sauce
- 2 Tbs. dark sesame oil
- 14 oz. extra-firm tofu, drained and cubed
- 5 green onions, finely chopped (½ cup)
- ¼ cup nonfat yogurt
- 2 Tbs. lemon juice

SALAD

- ¼ cup low-sodium soy sauce
- 2 Tbs. lemon juice
- 1 Tbs. minced fresh ginger
- 1 tsp. chile-garlic sauce
- 2 cups cooked short-grain brown rice
- 4½ cups mixed baby greens
- 2 carrots, peeled
- 1 cucumber, sliced (1½ cups)
- 1 avocado, peeled and sliced
- 1 Tbs. toasted sesame seeds

1. To make Spicy Tofu: Whisk together soy sauce, chile-garlic sauce, and sesame oil in bowl. Heat skillet over medium heat. Dip tofu in soy sauce mixture; cook 10 minutes, or until browned. Cool 10 minutes. Add green onions, yogurt, and lemon juice to remaining chile mixture. Toss with tofu.
2. To make Salad: Whisk together soy sauce, lemon juice, ginger, and chile-garlic sauce in bowl. Mound rice in serving bowls. Top with greens. Shave carrot strips over top with vegetable peeler. Top with tofu, cucumber, and avocado. Sprinkle with sesame seeds; serve with soy sauce mixture.

PER SERVING (⅓ CUP RICE PLUS 1 CUP TOFU AND SALAD): 297 CAL; 12 G PROT; 15.5 G TOTAL FAT (2 G SAT FAT); 30 G CARB; 0 MG CHOL; 858 MG SOD; 6 G FIBER; 3 G SUGARS

The Heart-Healthiest Chocolate Chip Cookies in the World

MAKES 30 COOKIES | VEGAN | 30 MINUTES OR FEWER

What started out as a way to incorporate heart-healthy foods into a dessert has turned into a sweet sensation. Readers continue to write in about how much they love this recipe from last February. It's everything a chocolate chip cookie should be, only without all the butter, eggs, and white flour.

- 2 cups walnuts
- 3 Tbs. canola oil
- 1 cup light brown sugar
- 2 tsp. vanilla extract
- 1½ cups oat flour
- 1 tsp. baking soda
- 1 tsp. salt
- ¼ tsp. ground cinnamon
- 2 cups rolled oats
- 3 3.5-oz. bars bittersweet vegan chocolate, chopped, or 1½ cups (12 oz.) vegan chocolate chips

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Blend walnuts in food processor 30 seconds, or until ground into fine meal. Add oil, and blend 2 to 3 minutes more, or until mixture has consistency of natural peanut butter. Transfer to bowl.
3. Whisk together brown sugar and ½ cup water in saucepan, and bring to a boil. Pour brown sugar mixture over walnut butter, add vanilla extract, and stir until no lumps remain.
4. Whisk together oat flour, baking soda, salt, and cinnamon in separate bowl. Stir oat flour mixture into walnut mixture. Cool dough 10 minutes.
5. Fold oats, then chocolate chips into dough. Shape into 2-inch balls, and place on prepared baking sheets. Flatten cookies with bottom of drinking glass dipped in water. Bake 8 to 10 minutes, or until cookies begin to brown. Cool 3 minutes on baking sheets, then transfer to wire rack to cool completely.

PER COOKIE: 173 CAL; 3 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 21 G CARB; 0 MG CHOL; 122 MG SOD; 2 G FIBER; 12 G SUGARS

BY Lisa Turner



MAPLE PUMPKIN SPICE BREAD, p. 42

Holiday goodies get a wholesome makeover

naturally sweet

SWEET SWAPS

Honey Use ¾ cup honey per 1 cup sugar, and reduce the liquid used (e.g., milk, water) by ¼ cup if using more than 1 cup honey in a recipe. Check baked goods 10 minutes before the end of cooking time; honey can make them brown faster.
BEST IN: Raw treats that preserve honey's natural enzymes, quick breads, muffins, and spice cakes.

Brown rice syrup Replace equal amounts of brown rice syrup for sugar, and reduce liquid amounts by 2 Tbs. for every cup of brown rice syrup used.
BEST IN: Custards and pie fillings. Avoid in baked goods because the enzymes used to make the syrup may interfere with baking powder.

Maple syrup Use equal amounts of maple syrup for refined sugar, then reduce the liquid used by 3 Tbs. for every cup of maple syrup.
BEST IN: Desserts that call for oats or dried fruits, which absorb liquid.

Date sugar Use equal amounts date sugar for refined sugar.
BEST IN: Cookies, quick breads, and oatmeal bars. Date sugar won't dissolve completely in liquid, so use it in recipes where the color and bits of texture are a plus.

What better time than the holidays to expand your baking horizons with natural sweeteners? After all, they have the sweetening power of white and brown sugars, plus unique flavors that make cookies, pies, cakes, and quick breads rich, complex, and deliciously satisfying.

The following recipes capitalize on the taste and texture of four common natural sweeteners. If you want to try substituting them in your own recipes, check out the substitution list, at right. Then simply keep the sweeteners on hand to make baking with them as easy as reaching into the cupboard.

PHOTOGRAPHY John Kernick FOOD STYLING Cyd McDowell PROP STYLING Alistair Turnbull






Almost-Raw Honey Cheesecake Bars with Cranberry Topping

Almost-Raw Honey Cheesecake Bars with Cranberry Topping

MAKES 16 BARS | GLUTEN FREE

The only cooked ingredient in this creamy treat is a homemade cranberry topping. For a fully raw dessert, you can omit the topping and serve the bars plain, or garnish them with berries or sliced fresh fruit.

- 3 cups raw cashews, divided
- 1 cup frozen cranberries
- ¼ cup plus 2 Tbs. raw, unfiltered honey, divided
- ¼ cup apple juice
- ¼ cup raw coconut oil, softened, plus extra for greasing baking dish
- 1 cup raw walnuts
- ¼ cup raisins
- 1 cup raw macadamia nuts
- ½ cup lemon juice
- 1 tsp. vanilla extract
- ½ tsp. salt

1. Cover 2 cups cashews with cold water, and soak 3 hours, or overnight.
2. Simmer cranberries, 2 Tbs. honey, and apple juice in saucepan over medium-low heat 10 to 12 minutes, or until cranberries pop. Cool 15 minutes. Pulse in blender or food processor until sauce is thick and smooth. Cool completely.
3. Grease bottom and sides of 8-inch-square glass baking dish with coconut oil. Process walnuts, raisins, and remaining 1 cup cashews in food processor, until mixture begins to stick together. Press into prepared dish, and chill 30 minutes, or overnight.
4. Drain soaked cashews. Purée cashews, macadamia nuts, lemon juice, remaining ¼ cup coconut oil, remaining ¼ cup honey, vanilla extract, salt, and 3 Tbs. water in food processor 5 minutes, or until smooth and creamy. Spoon cashew mixture over crust. Spread cranberry mixture over top. Cut through cheesecake with small knife to swirl. Freeze cheesecake 1 hour before serving. Thaw 5 minutes, then slice into 16 bars.

PER BAR: 308 CAL; 6 G PROT; 25 G TOTAL FAT (7 G SAT FAT); 20 G CARB; 0 MG CHOL; 77 MG SOD; 2 G FIBER; 10 G SUGARS

Maple Pumpkin Spice Bread

MAKES 1 LOAF (12 SLICES)

Pure maple syrup adds bold, robust flavor to a late-fall quick bread.

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 Tbs. ground cinnamon
- 2 tsp. ground ginger
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground nutmeg
- ½ tsp. ground allspice
- 1 cup pure maple syrup
- ½ cup grape seed or canola oil
- 2 large eggs
- 1 cup pumpkin purée
- 1 tsp. vanilla extract
- ½ cup chopped hazelnuts

1. Preheat oven to 350°F. Coat 9- x 5-inch loaf pan with cooking spray. Whisk together flours, cinnamon, ginger, baking powder, baking soda, nutmeg, and allspice in large bowl.
2. Whisk together maple syrup and oil in separate bowl. Whisk in eggs, then pumpkin and vanilla. Stir flour mixture into pumpkin mixture with spatula; add hazelnuts. Pour into prepared loaf pan. Bake 40 to 50 minutes, or until toothpick inserted in center of loaf comes out clean. Cool on rack 5 minutes, then unmold, and cool on wire rack; or transfer to serving platter, and serve warm.

PER SLICE: 273 CAL; 4 G PROT; 13 G TOTAL FAT (1 G SAT FAT); 36 G CARB; 35 MG CHOL; 137 MG SOD; 3 G FIBER; 17 G SUGARS

PLATE, FROM BRICKETTDAVDA.COM

To make your own date sugar, bake dates at 400°F for 10 minutes until very dry, then grind in a food processor.

Rice Syrup Mince Tartlets

MAKES 24 MINI TARTLETS | VEGAN

This hurry-up version speeds the process of making mincemeat by simmering the filling ingredients with brown rice syrup.

FILLING

- 3 pears, peeled and chopped (3 cups)
- ½ cup fresh-squeezed orange juice
- ½ cup chopped dried figs
- ¼ cup chopped pecans
- ¼ cup currants
- ¼ cup brown rice syrup
- 2 Tbs. brandy
- 2 tsp. grated lemon zest
- 1 tsp. ground cinnamon
- ½ tsp. ground cloves
- ½ tsp. ground allspice
- ¼ tsp. ground nutmeg

CRUST

- 2¼ cups all-purpose flour
- ½ cup ground almonds or almond flour
- 1 Tbs. rapadura sugar or brown rice syrup
- ½ tsp. salt
- 6 Tbs. coconut oil

1. To make Filling: Bring all ingredients to a boil in saucepan. Reduce heat to medium-low; simmer, covered, 30 minutes, or until mixture is thick. Cool.
2. To make Crust: Pulse flour, ground almonds, sugar, and salt in food processor to combine. Add coconut oil, and pulse until crumbly. Add 4 to 6 Tbs. ice water, and pulse until mixture just holds together and forms ball.
3. Preheat oven to 350°F. Coat 24-cup mini muffin pan with cooking spray. Divide dough into 24 equal balls. Press balls into prepared muffin cups, allowing edges to extend slightly over edges. Bake 10 minutes, or until crusts are brown. Cool tartlets in pan on wire rack 5 minutes. Run knife around sides of each muffin cup to loosen tartlets; unmold. Serve warm.

PER TARTLET: 137 CAL; 2 G PROT; 6 G TOTAL FAT (4 G SAT FAT); 20 G CARB; 0 MG CHOL; 55 MG SOD; 2 G FIBER; 7 G SUGARS

Date Sugar Ginger Jewels

MAKES 24 COOKIES

Rolling these festive cookies in rapadura (a Brazilian unrefined cane sugar) or turbinado sugar makes the outsides sparkle and also gives the treats a sweet crunch.

- 1 cup date sugar
- ¾ cup (1½ sticks) vegan margarine
- 1 large egg
- 3 Tbs. blackstrap molasses
- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- 1 Tbs. ground ginger
- 2 tsp. ground cinnamon, divided
- 2 tsp. baking soda
- ¼ tsp. salt
- ½ tsp. ground cloves
- ¼ tsp. ground nutmeg
- 1 tsp. minced fresh ginger
- ¼ cup rapadura or turbinado sugar

1. Beat date sugar and margarine with electric mixer 2 to 3 minutes, or until creamy. Beat in egg, then molasses.
2. Whisk together flours, ginger, 1 tsp. cinnamon, baking soda, salt, cloves, and nutmeg in bowl. Whisk in fresh ginger. Stir flour mixture into egg mixture. Cover, and chill 1 hour, or overnight.
3. Preheat oven to 350°F. Coat 2 baking sheets with coconut oil or cooking spray. Combine rapadura with remaining 1 tsp. cinnamon on small plate.
4. Roll chilled dough into 1-inch balls. Roll in cinnamon sugar, and place 2 inches apart on prepared baking sheets. Bake 12 to 15 minutes, or until cookies look dry. Cool 3 to 5 minutes on baking sheet before transferring to wire rack.

PER COOKIE: 127 CAL; 1 G PROT; 6 G TOTAL FAT (2 G SAT FAT); 18 G CARB; 9 MG CHOL; 194 MG SOD; <1 G FIBER; 10 G SUGARS

Lisa Turner has been researching and writing about nutrition, and cooking great natural meals and desserts, for almost 20 years.

BY Rebekah L. Fraser



PHOTO: VICTORIA PEARSON

one-on-one with Alicia Silverstone

This actress shines the spotlight on eating to heal body and mind

She played the lead role in the hit 1995 film *Clueless,* but Alicia Silverstone, 33, is totally clued in to what she wants for her life. Besides forming her own production company, First Kiss, the longtime animal lover has tirelessly supported charities working for animal welfare. A self-described "foodie," she's also amassed files of vegan recipes she claims never sacrifice taste. These recipes, along with her research on the connections between what we eat, how we're treating the planet, and how we feel—inside, and out—created the basis for her new book, *The Kind Diet.*

Q What inspired the book?

A I've been living this lifestyle for so long and have so much information, people would ask me to share it. I'd send them big packets, and they'd say, "Why don't you just write a book?"

Q Why the title *The Kind Diet?*

A It's important that people know there's no beating yourself up on this plan. It's called *The Kind Diet* because I want people to be kind to themselves and have a whole new awakening to the word *diet. Diet* means "a day's journey," and I think that's so beautiful. Diet is a way of living

+FOR A TASTE OF PECAN-CRUSTED SEITAN, ONE OF ALICIA SILVERSTONE'S FAVORITE RECIPES FROM *THE KIND DIET,* VISIT VEGETARIANTIMES.COM/KINDDIET.




Our Production Line

and a way of making healthy choices for yourself. I wanted the book to be really easy for people.

I've been living this lifestyle for so long and have so much information, people would ask me to share it.

Q How did you develop the recipes?

A There were recipes I'd converted from my parents' kitchen to be vegan, recipes I grew up on, like my mom's artichoke dip and my dad's roasted potatoes. Or I'd ask my husband, "What are you wanting these days?" and I would create that. I also have a lot of chef friends. The tricky part was paring down. I had to choose from something like 300 recipes.

Q What about writing the book surprised you?

A It was so much work! I would be in my house on lockdown for like 12 days, and my husband would ask, "Have you even showered?" Even though writing was this extremely time-consuming and sometimes grueling experience, ultimately the biggest surprise was that I could be working on something and feel so fulfilled and happy and inspired by it at every turn. I think it's the most artistic thing I've ever done.

Q Were any resources particularly helpful to your research for the book?

A I can't remember if it was Dr. Neal Barnard who blew my mind first or if it was John Robbins. I learned so much from Dr. Barnard's books *Food for Life* and *Foods That Fight Pain*. John Robbins himself gave me a copy of *The Food Revolution*, which was his next book after *Diet for a New America*. I love how he lays it all out: "Here's what they tell us, and here's the truth." My newest hero is Dr. T. Colin Campbell, who wrote *The China Study*.

Q How has going vegan changed your life?

A It's really opened me to my heart. Learning that I can stand up for what I need and what I want for this world is huge. The more you go into this deep, deep journey, the more it becomes clear what's draining your energy or exhausting you or holding you back. And you get the courage to make changes.

BY Rachel Dowd

who 2 give 2 *Vegetarian Times*'s Annual Charity Guide

Spread a wealth of holiday cheer this season by giving to a charity working to make the world a more humane, hospitable place. Now more than ever, with the numbers in need surging even as cash flows are slowing, it's wise to donate to nonprofits that are proven financial stewards. Each of the following five organizations dedicates nearly 80 percent of its budget to program expenses, so that any money it receives will fight for the cause, not feed the organization. Can't spare the cash? Volunteer your time and talent or tweet about a cherished charity. Just stay involved.



USED WITH PERMISSION THE ELEPHANT SANCTUARY

The Elephant Sanctuary in Tennessee

WHAT: Provides a place for old, sick, or needy elephants removed from circuses or zoos; educates the public about the crises facing elephants in captivity and in the wild.

HOW MANY: 24 elephants rescued since 1995.

CONTACT:
elephants.com
804 Darbytown Rd.
Hohenwald, TN
38462
931-796-6500

WHAT YOUR GIFT WILL BUY:
$30 feeds an elephant for a day.
$55 supports the upkeep of 1,440 square feet of sanctuary land.

PITCH IN WITHOUT PAYING OUT: Sign up to participate in a volunteer day at the sanctuary.

WHY GIVE NOW: Every day an elephant remains in the confines of a zoo or circus compromises the animal's health and causes suffering and premature death.



COURTESY THE HUNGER PROJECT

The Hunger Project

WHAT: Seeks to end hunger and poverty by mobilizing villages at the grassroots level to build self-reliance, empowering women as key agents of change, and forging effective partnerships with local governments.

HOW MANY: 35 million people in Africa, South Asia, and Latin America.

WHAT YOUR GIFT WILL BUY:
$25 supplies a nursery school in Africa with workbooks and chalk.
$50 buys antimalarial bed nets for five families.
$200 trains a woman in Mexico to launch an income-generating project.

PITCH IN WITHOUT PAYING OUT: Host a bake sale to benefit the organization; attach a label to each item with a fact about world hunger or poverty.

WHY NOW: The global economic crisis is hitting poorest people the hardest. "This is indeed a time to invest in long-term solutions to end hunger and poverty," says Hunger Project President and CEO Jill Lester.

CONTACT:
thp.org
5 Union Square West
New York, NY 10003
212-251-9100

The Surfrider Foundation


KAREN M./THE SURFRIDER FOUNDATION

WHAT: Protects the world's oceans, waves, and beaches through conservation, activism, research, and education.
HOW MANY: 70 chapters in the United Sates; about 5,500 miles of shoreline along the Atlantic, Pacific, Gulf, Puerto Rican, and Hawaiian coasts.
WHAT YOUR GIFT WILL BUY:
$60 funds 10 water contamination tests.
$100 teaches 300 kids about environmental threats to coastal life.
PITCH IN WITHOUT PAYING OUT: Volunteer at an event sponsored by the chapter nearest you.
WHY NOW: Coastal areas face grave threats due to pollution. In 2008, raw sewage and other contaminants caused more than 20,000 ocean, bay, and Great Lakes beaches to close or issue health advisories.

CONTACT: surfrider.org
PO Box 6010
San Clemente, CA 92674
949-492-8170




COURTESY SOLAR ELECTRIC LIGHT FUND

Solar Electric Light Fund

WHAT: Combats climate change and global poverty by bringing solar power and Internet access to the world's poorest people living in remote rural areas.
HOW MANY: Hundreds of thousands of people in 19 countries, including Sri Lanka, Bhutan, Rwanda, and Haiti.
WHAT YOUR GIFT WILL BUY:
$25 purchases 125 feet of drip-irrigation hose.
$100 supplies a 1,000-member village with a month of drinking water.
$150 irrigates crops for five weeks.
PITCH IN WITHOUT PAYING OUT: Sign up for the organization's newsletter and pass it around to friends. "The biggest nonmonetary thing people can do is spread the word," says communications director Lauren Taylor.
WHY NOW: Some 100,000 people in Benin are counting on a solar-powered drip-irrigation system that will allow them to grow food during the African nation's dry season.

CONTACT:
self.org
1612 K St., NW
Suite 402
Washington, DC
20006
202-234-7265

The Pachamama Alliance

COURTESY THE PACHAMAMA ALLIANCE

WHAT: Preserves natural rain forests by empowering indigenous people in South America to strengthen their culture and stand for their own interests; through the Awakening the Dreamer (ATD) initiative, mobilizes people worldwide to adopt an environmentally sustainable, spiritually fulfilling, and socially just way of life.
HOW MANY: 2 million acres of rain forest; 7 billion people.
WHAT YOUR GIFT WILL BUY:
$10 purchases schoolbooks to teach indigenous children to speak English.
$150 trains an individual to conduct an ATD symposium.
$2,000 brings ATD to one of the 140 countries The Pachamama Alliance has yet to reach.
PITCH IN WITHOUT PAYING OUT: Host an Awakening the Dreamer, Change the Dream symposium in your community.
WHY NOW: "The work we are doing goes to the root cause of every dysfunction we have on the planet," says ATD outreach director Jon Symes.

CONTACT: pachamama.org
1009 General Kennedy Dr.
San Francisco, CA 94129
415-561-4522

Before You Donate

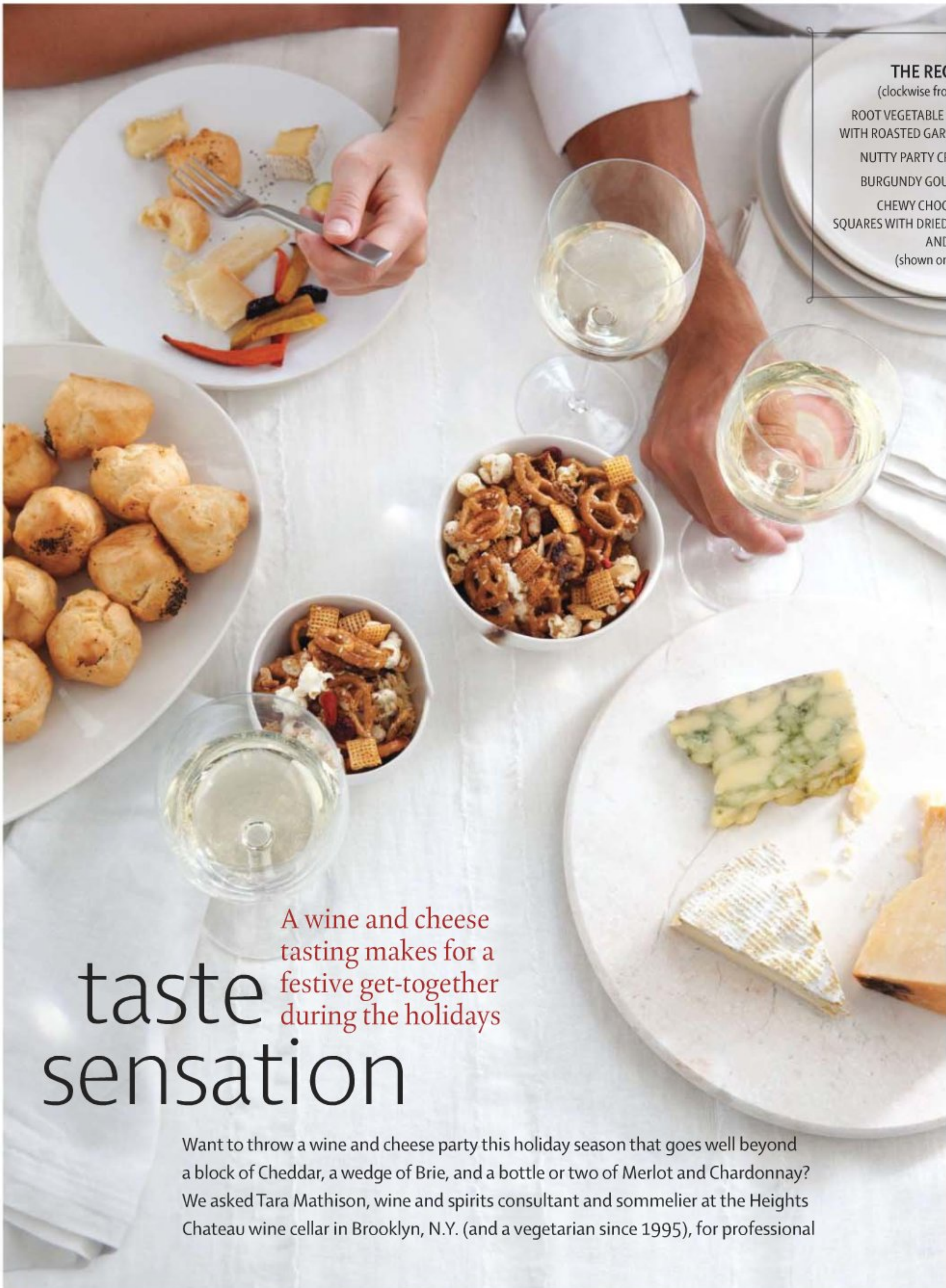
Log on to watchdog Web sites, including Charity Navigator (charitynavigator.org) and the Better Business Bureau's Wise Giving Alliance (give.org), for details such as how much an organization pays its chief executive and what percentage of donations goes to administrative costs.

You can also visit charitywatch.org to order a copy of the American Institute of Philanthropy's Charity Rating Guide, which gives letter grades to 500 major American charities.

Rachel Dowd pitched in this year by donating her car to charity.


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BY Mary Margaret Chappell RECIPES BY Victoria Abbott Riccardi



THE RECIPES
(clockwise from top)

- ROOT VEGETABLE STICKS WITH ROASTED GARLIC DIP
- NUTTY PARTY CRUNCH
- BURGUNDY GOUGÈRES
- CHEWY CHOCOLATE SQUARES WITH DRIED FRUIT AND NUTS (shown on p. 56)

taste sensation

A wine and cheese tasting makes for a festive get-together during the holidays

Want to throw a wine and cheese party this holiday season that goes well beyond a block of Cheddar, a wedge of Brie, and a bottle or two of Merlot and Chardonnay? We asked Tara Mathison, wine and spirits consultant and sommelier at the Heights Chateau wine cellar in Brooklyn, N.Y. (and a vegetarian since 1995), for professional

PLATTER, FROM EMPORIOARMANI.COM; BOWLS, FROM NICKEYKEHOE.COM

PHOTOGRAPHY Amy Neunsinger FOOD STYLING Valerie Aikman-Smith PROP STYLING Jennifer Flanagan



tips on great wine and cheese combinations. Pair your choices with easy, wine-friendly recipes from frequent *VT* contributor Victoria Abbott Riccardi, and you've got a full-on tasting experience that'll satisfy everyday cheese lovers and gourmet connoisseurs alike.

THE CHEESE ...

SELECTION TIPS: When putting together a cheese assortment, "You don't want to blow the bank, but you want to have a nice variety for your guests," says Mathison."I usually start with mild or light cheeses and work toward the more 'stinky' varieties." A mild Brie or Camembert, a sheep or goat cheese, a hard cheese, and a blue cheese will give you a good basic selection, she says. From there you can add favorites or experiment with cheeses that pique your interest. "Maytag Blue, a very delicate, light style of blue cheese is the gateway to more robust types," recommends Mathison. "Another tried-and-true is Explorateur, my favorite triple-cream, which is slightly stinky but an all-around winner."

PREP TIP: Bring all cheeses to room temperature before serving.

SERVING TIPS: Label each cheese with a short description so guests know what they're trying. As an accompaniment, "Opt for water crackers or a bread that has a neutral flavor," advises Mathison. "You want to cleanse the palate, not junk it up." Scatter platters with nuts and dried fruit or low-acid fresh fruit, such as apples, pears, and grapes. (And don't forget some chocolate!)

TASTING TIP: For the first go-round, advise tasters to sample the mildest cheeses first, then the strongest. "After that, they can decide whether to follow the suggested order or not," explains Mathison.



THE WINE ...

SELECTION TIPS: The easiest way to narrow down wine selections to a perfect few? Choose a tasting theme. "I fell in love with wine through Rioja, so if I were having a tasting, it would probably be Spanish wines and cheeses," admits Mathison. If you want to mix it up, try devoting a tasting to a certain varietal, such as Cabernet Sauvignon, which is produced in many parts of the world, each tasting a bit different thanks to *terroir* (the soil and climate where the grapes are grown). Other fun themes include blind tastings (where guests don't know what kind of wine they're trying), organic wines, or comparing wines of the same price range.

PREP TIPS: Most red wines are meant to be served slightly above room temperature. White wines do well between 40° and 50°F. About 30 minutes before the first pour, uncork the white wines and place them in buckets or a tub with a 2:1 ratio of cold water to ice. One sommelier trick is to add salt to the ice-water mixture to chill the wines faster.

SERVING TIPS: For a traditional wine pairing and tasting experience, plan on serving about 1 ounce of a wine with each cheese, or just enough to allow the taster to experience the wines' attributes without dulling the palate. If you're hosting a wine and cheese event that is more of a cocktail party, expect each guest to drink one glass of wine per hour during the party. One bottle of wine contains about six glasses.

PAIRING TIPS: Usually soft cheeses go best with white wines and harder cheeses pair well with reds.

TASTING TIP: Encourage samplers to wait a couple of minutes after you pour before tasting the wine.

HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC; WARDROBE STYLING: SABA SALEHI



Root Vegetable Sticks with Roasted Garlic Dip

Root Vegetable Sticks with Roasted Garlic Dip

SERVES 12 | VEGAN | GLUTEN FREE

Oven-crisp and lightly seasoned, roasted root vegetables make for a healthful appetizer option that won't overpower the other foods served. Roasting the garlic for the bean dip helps mellow its flavor so that it pairs with light-bodied wines as well as heartier vintages.

- 6 medium carrots, trimmed, peeled, and cut into sticks (6 cups)
- 6 medium red and gold beets, peeled and cut into carrot-like sticks (6 cups)
- 2½ Tbs. olive oil, divided
- 1 head garlic
- 1 15-oz. can cannellini beans, drained, liquid reserved
- 1 Tbs. lemon juice
- 1 tsp. grated lemon zest
- 1 tsp. dried basil

1. Preheat oven to 450°F. Toss carrots and beets with 1½ Tbs. oil. Season with salt and pepper, if desired. Spread in single layer on baking sheet. Trim papery top from head of garlic just to cloves. Wrap in foil, and set in corner of baking sheet. Roast vegetables and garlic 25 minutes, or until carrots and beets are tender, but not soft, and garlic packet feels soft when lightly squeezed. Remove baking sheet from oven, open foil packet around garlic, and cool vegetables and garlic.

2. Squeeze garlic cloves from skins, and place in food processor with cannellini beans, lemon juice, lemon zest, basil, and remaining 1 Tbs. oil. Pulse mixture until creamy and smooth, adding some reserved bean liquid if necessary. Season with salt and pepper, if desired. Serve garlic-bean dip in bowl alongside roasted vegetables.

PER SERVING (¾-CUP VEGGIES PLUS 2 TBS. DIP): 111 CAL; 3 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 18 G CARB; 0 MG CHOL; 150 MG SOD; 5 G FIBER; 8 G SUGARS

Nutty Party Crunch

SERVES 12 OR MORE | VEGAN

Everybody loves a good party mix. This version tones down the salt and spices and incorporates dried fruit to complement the wine and cheese. If you can't find goji berries, try dried currants or raisins.

- 2 cups air-popped or low-fat microwave popcorn
- 2 cups mini spelt pretzels or other whole-grain pretzels
- 1½ cups whole-grain, lattice-woven cereal squares (or six-sided shapes)
- 1 cup puffed Kamut or puffed wheat cereal
- ½ cup slivered almonds
- ¼ cup pure maple syrup
- 2 tsp. toasted sesame oil
- 1½ tsp. chili powder
- ½ tsp. garlic powder
- ¼ tsp. salt
- 2 Tbs. sesame seeds
- ¼ cup dried goji berries
- ¼ cup dried cranberries

1. Preheat oven to 350°F. Coat baking sheet with cooking spray.

2. Toss together popcorn, pretzels, lattice cereal, puffed cereal, almonds, maple syrup, sesame oil, chili powder, garlic powder, and salt in large bowl. Spread mixture in single layer on prepared baking sheet, and sprinkle with sesame seeds. Bake 35 minutes, or until toasted, stirring often. Cool. Transfer to serving bowl; stir in goji berries and cranberries.

PER ½-CUP SERVING: 158 CAL; 4 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 26 G CARB; 0 MG CHOL; 197 MG SOD; 4 G FIBER; 8 G SUGARS

SALAD PLATE, FROM HEATHCERAMICS.COM


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Chewy Chocolate Squares with Dried Fruit and Nuts

CHEESE TRAY AND PLATTER, FROM CB2.COM

Burgundy Gougères

MAKES 24 PUFFS

Gougères are French cheese puffs traditionally served at wine tastings in the Burgundy region. They can be made ahead and warmed just before serving.

- 2 Tbs. butter or margarine, cut into small pieces
- ½ tsp. salt
- ½ tsp. cayenne pepper
- 1 cup all-purpose flour
- 2 large eggs
- 4 large egg whites
- 1 cup grated Gruyère or Swiss cheese
- 1 tsp. poppy seeds

1. Preheat oven to 425°F. Coat 2 baking sheets with cooking spray.
2. Bring 1 cup water, butter, salt, and cayenne pepper to a boil in saucepan. Remove from heat, and stir in all flour at once, until mixture forms thick paste. Return to burner, reduce heat to low, and cook 2 minutes, stirring constantly.
3. Transfer batter to mixing bowl. Beat in 1 egg until creamy and smooth. Repeat with second egg. Beat in 2 egg whites. Add remaining 2 egg whites, and beat until batter is smooth and glossy. Stir in cheese.
4. Drop tablespoonfuls of batter 2 inches apart onto prepared baking sheet. Sprinkle with poppy seeds. Bake 30 minutes, or until gougères are light brown and look dry and crispy.

PER GOUGÈRE: 56 CAL; 3 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 4 G CARB; 25 MG CHOL; 86 MG SOD; <1 G FIBER; <1 G SUGARS

Chewy Chocolate Squares with Dried Fruit and Nuts

MAKES 36 SQUARES | VEGAN

These dense treats showcase how nicely chocolate, dried fruit, and nuts pair with wines (and one another).

- ½ cup slivered almonds, toasted
- ½ cup shelled toasted pistachios, chopped
- 8 dates, pitted and coarsely chopped
- ½ cup chopped dried apricots
- ½ cup chopped dried figs
- ½ cup dried cherries
- ¼ cup all-purpose flour
- ¼ cup fine whole-wheat breadcrumbs
- 2 Tbs. unsweetened cocoa powder
- 1 tsp. grated orange zest, dried
- 1 tsp. ground cinnamon
- ½ tsp. grated nutmeg
- ¼ tsp. ground allspice
- ⅛ tsp. salt
- ¾ cup agave nectar
- ¾ cup sugar
- 2 Tbs. vegetable oil

1. Preheat oven to 300°F. Coat 9-inch-square pan with cooking spray, and line with parchment paper. Spray again.
2. Combine almonds, pistachios, dates, apricots, figs, cherries, flour, breadcrumbs, cocoa, orange zest, cinnamon, nutmeg, allspice, and salt in bowl.
3. Bring agave nectar and sugar to a boil in saucepan. Reduce heat to medium-low, and simmer 10 minutes. Stir oil, then agave nectar mixture into fruit-and-nut mixture. Transfer to prepared pan, and smooth top. Bake 50 minutes, or until mixture is done on sides but still soft in center—it will firm up completely once it cools. Cool, then cover with foil, and let rest overnight. Unmold, remove parchment, and cut into squares.

PER SQUARE: 98 CAL; 1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 9 MG SOD; 2 G FIBER; 16 G SUGARS

Victoria Abbott Riccardi, a food and travel writer in Newton, Mass., learned to pair wine and cheese when she studied cooking in France.



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Soy Protein Free	✔	⊘	✔	⊘	?
Dairy Free	✔	✔	✔	✔	✔
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Allergen Free	✔	⊘	✔	⊘	⊘
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RECIPES BY Bryant Terry

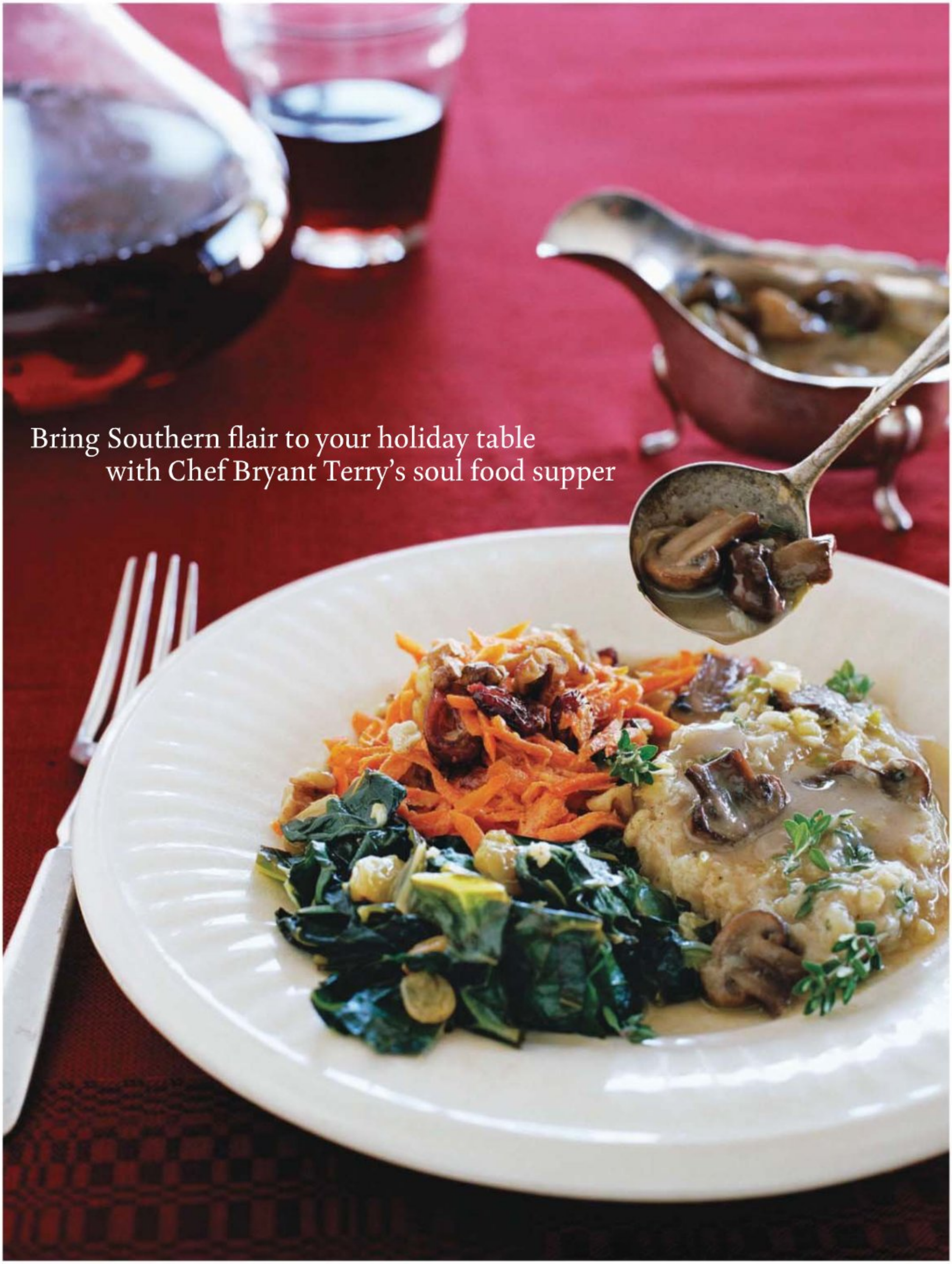


soul celebration

Pull out those pots and pans, put on a little music, and get ready to prepare a family-friendly feast from Bryant Terry's flavor-filled cookbook *Vegan Soul Kitchen*. His creative takes on soul food favorites, such as smothered pork chops (he uses seitan), collard greens, carrot salad, mashed potatoes, and chocolate-pecan pie, will have even old-school omnivores at the table groovin' on how good an all-veg meal can be.

THE MENU

- BUTTERNUT SQUASH–BARTLETT PEAR SOUP
- CITRUS COLLARDS WITH RAISINS
- SMOTHERED SEITAN MEDALLIONS IN MIXED MUSHROOM GRAVY
- CARROT-CRANBERRY-WALNUT SALAD
- CUMIN-CAYENNE MASHED POTATOES WITH CARAMELIZED ONIONS
- CHOCOLATE-PECAN PUDDING PIE



Bring Southern flair to your holiday table with Chef Bryant Terry's soul food supper

OPPOSITE PAGE, FROM LEFT: PLATTER WITH BLUE PATTERN, FROM MAISON-MIDI.COM; BOWL WITH POTATOES, FROM HEATHCERAMICS.COM; VASE, FROM ANTHROPOLOGIE

PHOTOGRAPHY Lisa Romerein FOOD STYLING Valerie Aikman-Smith PROP STYLING Emily Henderson



Butternut Squash–Bartlett Pear Soup

Simple and fresh, squash soup sets the stage for all the good things to come.





Butternut Squash–Bartlett Pear Soup

SERVES 6 | VEGAN | GLUTEN FREE

Terry came up with this recipe during a cooking demonstration in Memphis, Tenn. "I went to the market and saw these beautiful squash and juicy pears," he explains. "With some crusty bread, you can actually make a meal out of it."

- 3 Tbs. olive oil
- 2 medium leeks, white and tender green parts finely chopped (3 cups)
- 1 small butternut squash, peeled and cut into 1-inch pieces (2 lb.)
- 3 Bartlett pears, peeled, cored, and cut into 1-inch pieces (1½ lb.)
- 5 cups low-sodium vegetable broth
- 1 14-oz. can light coconut milk
- 1 tsp. chopped fresh thyme
- Pumpkin seeds for garnish, optional

1. Heat oil in saucepan over medium-low heat. Add leeks, and cook 10 minutes, or until soft, stirring often.
2. Add squash and pears, and sauté 5 minutes. Stir in vegetable broth, and bring to a boil. Reduce heat to medium-low, and add salt, if desired. Simmer 20 minutes, or until squash is fork-tender.
3. Remove from heat, and stir in coconut milk. Purée soup in batches in blender or food processor, or use immersion blender in saucepan; blend until smooth. Return soup to saucepan, and stir in thyme. Reheat over medium-low heat 2 to 3 minutes, or until warmed through. Season with salt and white pepper, if desired. Serve garnished with pumpkin seeds, if using.

PER 1-CUP SERVING: 264 CAL; 3 G PROT; 13 G TOTAL FAT (5 G SAT FAT); 37 G CARB; 0 MG CHOL; 138 MG SOD; 8 G FIBER; 15 G SUGARS

Citrus Collards with Raisins

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

"This is my signature dish," Terry says proudly. "When it was first published, the recipe was my way of showing you can take traditional cuisine and reinvent it—I grew up on collard greens that weren't considered done unless they'd cooked at least two hours."

- 1½ lb. collard greens, tough stems trimmed
- 1 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)
- ⅔ cup raisins
- ½ tsp. salt
- ⅓ cup freshly squeezed orange juice

1. Stack several collard leaves atop one another, and roll into tight cylinder. Slice crosswise into strips.
2. Cook greens in large pot of boiling, salted water 8 to 10 minutes, or until softened. Drain, and plunge into large bowl of cold water to stop cooking.
3. Heat oil in large skillet over medium heat. Add garlic, and sauté 1 minute. Add drained collards, raisins, and salt, and sauté 3 minutes. Stir in orange juice, and cook 15 seconds more. Season with salt and pepper, if desired.

PER ½-CUP SERVING: 105 CAL; 3 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 21 G CARB; 0 MG CHOL; 65 MG SOD; 3 G FIBER; 12 G SUGARS

OPPOSITE PAGE: PLATTER, FROM MAISON-MIDI.COM



Citrus Collards with Raisins







Have guests stir a little soul into the meal by asking them to whisk a rich mushroom gravy or fold flavorful caramelized onions into mashed potatoes.

Smothered Seitan Medallions in Mixed Mushroom Gravy

SERVES 6 | VEGAN

"This recipe is clearly inspired by smothered pork chops," says Terry.

- 1 lb. seitan, cut into medallions
- 5 Tbs. arrowroot powder
- 1 cup plus 2 Tbs. olive oil, divided
- 1 large onion, thinly sliced (2 cups)
- 5 cloves garlic, minced (2 Tbs.)
- 2 cups Mixed Mushroom Gravy (below)
- 2 cups 'Shroom Stock (p. 63)
- 1 cup finely chopped green cabbage
- 2 jalapeño chiles, minced (2 Tbs.)
- ¼ cup thinly sliced green onions
- 2 Tbs. chopped parsley

1. Coat seitan pieces with arrowroot. **2.** Heat ½ cup oil in skillet over medium-high heat. Fry half of seitan in oil 3 minutes per side. Transfer to paper-towel-lined plate. Discard oil, wipe out skillet, and repeat with ½ cup oil and remaining seitan. Discard oil.
3. Add remaining 2 Tbs. oil and onion to hot skillet. Increase heat to high, and sauté 3 minutes. Reduce heat to medium, and sauté 10 minutes more. Add garlic, and sauté 3 minutes. Stir in Mixed Mushroom Gravy, 'Shroom Stock, and seitan. Cover, and simmer 30 minutes. Add cabbage, and cook 3 minutes. Stir in jalapeños, green onions, and parsley.

PER 1½-CUP SERVING: 287 CAL; 22 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 21 G CARB; 0 MG CHOL; 302 MG SOD; 2 G FIBER; 5 G SUGARS

Mixed Mushroom Gravy

MAKES 2 CUPS | VEGAN

Browning the flour helps give this gravy a rich, nutty flavor.

- 2 Tbs. olive oil
- ¼ lb. button mushrooms
- ¼ lb. baby bella mushrooms, sliced
- 2 Tbs. all-purpose flour
- 1 cup unflavored rice milk
- 1 cup 'Shroom Stock (p. 63)
- ½ tsp. salt
- ½ tsp. white pepper



Serve dinner family style so guests can "touch, interact with, and share the dishes around the table," says Terry.

Smothered Seitan Medallions in Mixed Mushroom Gravy

1. Heat 1 Tbs. olive oil in saucepan over medium heat. Add all mushrooms, and sauté 5 minutes. Stir in flour and remaining 1 Tbs. oil. Reduce heat to low, and cook 10 minutes, or until flour begins to brown, whisking constantly.
2. Whisk in rice milk, 'Shroom Stock, salt, and white pepper. Simmer 15 minutes, or until thickened, whisking often.

PER ⅓-CUP SERVING: 77 CAL; <1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; 0 MG CHOL; 236 MG SOD; <1 G FIBER; 3 G SUGARS

'Shroom Stock

MAKES 6 CUPS | VEGAN | GLUTEN FREE

This is Terry's mushroom broth recipe, but you can also use prepared mushroom broth in his recipes to save time.

- 1 Tbs. olive oil
- 1 lb. button mushrooms, thinly sliced
- 1 lb. portobello mushrooms, thinly sliced
- 4 celery ribs, thinly sliced
- 1 large onion, diced (including skin)
- 1 large carrot, thinly sliced
- 2 oz. dried shiitake mushrooms
- 6 cloves garlic, unpeeled, crushed
- 2 bay leaves
- 3 sprigs thyme
- ½ tsp. coarse sea salt
- ⅛ tsp. cayenne pepper

Sauté all ingredients in pot for 5 minutes. Add 9 cups water; simmer 1 hour. Strain.

PER 1-CUP SERVING: 30 CAL; 0 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 2 G CARB; 0 MG CHOL; 184 MG SOD; <1 G FIBER; 1 G SUGARS





Carrot-Cranberry-Walnut Salad

SERVES 6 | VEGAN | GLUTEN FREE

"This dish was inspired by one of the salads my mom makes for the holidays," Terry says.

- ¼ cup silken tofu
- 2 Tbs. apple cider vinegar
- 1 Tbs. freshly squeezed lemon juice
- 1 Tbs. Dijon mustard
- ½ tsp. coarse sea salt
- 2 Tbs. walnut oil
- 3 cups coarsely grated carrots
- ¼ cup dried cranberries
- 1 cup toasted walnuts

Blend tofu, vinegar, lemon juice, mustard, and salt in blender until smooth. Blend in oil. Toss tofu mixture with carrots and dried cranberries in bowl. Chill 30 minutes. Top with walnuts.

PER ½-CUP SERVING: 196 CAL; 4 G PROT; 16 G TOTAL FAT (2 G SAT FAT); 13 G CARB; 0 MG CHOL; 232 MG SOD; 3 G FIBER; 6 G SUGARS

Cumin-Cayenne Mashed Potatoes with Caramelized Onions

SERVES 6 | VEGAN | GLUTEN FREE

These mashed potatoes are "so rich and satisfying, I sometimes just serve them with plain tofu," Terry admits.

- 2 lb. Yukon Gold potatoes, peeled and cubed
- 1 large onion, diced (2 cups)
- 5 Tbs. olive oil
- 2 Tbs. ground cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ½ cup unflavored rice milk
- 2 Tbs. minced fresh thyme

1. Boil potatoes in enough water to cover 25 minutes, or until soft.
2. Meanwhile, sauté onion, oil, cumin, salt, and cayenne in skillet over low heat 30 minutes, or until browned. Stir in rice milk and thyme.
3. Drain potatoes, and mash. Whisk onion mixture into potatoes. Season with salt and pepper, if desired.

PER ¾-CUP SERVING: 277 CAL; 4 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 40 G CARB; 0 MG CHOL; 213 MG SOD; 4 G FIBER; 4 G SUGARS

Chocolate-Pecan Pudding Pie

SERVES 12 | VEGAN

This pie's got everything—a nutty crust, a rich filling, and plenty of pecans.

CRUST

- 1 cup almonds
- 1 cup pecans
- ½ cup whole-wheat pastry flour
- ⅛ tsp. fine sea salt
- ½ cup dry unsweetened coconut
- 8 large dates, pitted and chopped
- 2 Tbs. coconut oil

FILLING

- ¾ cup rice milk
- ¼ cup arrowroot powder
- ½ banana
- 1¼ cups chopped pecans
- ¾ cup vegan chocolate chips, melted
- ½ cup maple syrup
- ½ cup dry unsweetened coconut
- ¼ cup coconut oil
- 1 tsp. vanilla extract

1. Preheat oven to 325°F. To make Crust: Grind almonds, pecans, flour, and salt in food processor to fine meal. Transfer to bowl; stir in coconut. Add dates and oil to food processor; blend until sticky mass forms. Add nut mixture to dates, and process until dough forms. Knead 1 minute. Press into 9-inch pie pan. Prick holes in bottom of crust.
2. To make Filling: Blend rice milk and arrowroot 30 seconds in food processor. Add banana, and blend 15 seconds. Add remaining ingredients, and pulse until combined. Spread in Crust. Cover edges with foil, and bake 20 minutes. Cool, then chill 2 hours before serving.

PER SLICE: 500 CAL; 7 G PROT; 35 G TOTAL FAT (14 G SAT FAT); 47 G CARB; 0 MG CHOL; 51 MG SOD; 10 G FIBER; 29 G SUGARS



Cumin and cayenne add a spicy punch to mashed potatoes.



GLASSES, FROM NAPASTYLE.COM

Chocolate-Pecan Pudding Pie



BY Jolia Sidona Allen

Amber Scott and her husband, Mack Thomas, of Lexington, Ky., are both vegetarians, but when it comes to holiday gatherings, they're in the minority. "In the South, being a vegetarian is a little like being an alien," says Scott.

"One Thanksgiving early on in our vegetarianism, we didn't take a piece of turkey when my mother-in-law offered it to us. When we responded with, 'No, thanks. We don't eat meat,' she said, 'This is turkey. It isn't meat!'"

compassion MATTERS

VT's guide to good veg etiquette throughout the holiday season

The holiday season is prime time for enjoying traditional recipes—often tied to sentimental family customs—that may or may not be easy to vegify. For vegetarians, the season is often ornamented with awkward conversations; the diet preferences of vegetarians and omnivores are as different as oil and vinegar. But even more precious than communing over food, the holidays are a time for friends and family to convene in good spirits, which means treating our dearests with love and respect despite our differences, including our diet choices.

Read on for *VT*'s tried-and-true advice on good veg etiquette. With the tips on these pages, keeping the peace between omnies and veggies during the holiday season is as easy as mixing oil and vinegar into a delicious vinaigrette.

Rethinking "Don't Ask, Don't Tell"

Should veggies always disclose their diet ahead of time? While you might fear that the host may perceive the divulgence as a request to go out of his or her way to prepare additional, plant-based dishes, vocalizing your vegetarianism well in advance is, hands down, the polite thing to do: "The host is creating a meal that he or she wants you to enjoy—so the respectful thing for you to do is help make that happen," says Barbara Unell of Leawood, Kan., a vegetarian for 26 years whose family includes both veggies and omnies.

What's the most mindful way to break the news? If you'll be eating at someone's home, Scott says, "Explain that you're a vegetarian and that you'd be more than happy to bring a dish if they'd like you to. This will let them know your dietary preferences without being demanding or high maintenance." Veggies beware: some people's understanding of the term "vegetarian" may not match yours—so, be sure to mention the specifics of what you do and do not eat.

Will you be dining out? If so, Rory Freedman, author of *Skinny Bitch*, suggests calling the restaurant in advance so they'll be ready for you.

Special menu alert: many restaurants have limited menus for the holidays. Happy Herbivore blogger Lindsay Nixon (happyherbivore.com) found herself faced with this dilemma one

ILLUSTRATIONS Jason Greenberg

Keeping the peace between omnies and veggies during the holiday season

Thanksgiving while on vacation with her husband and in-laws. None of the special menus offered by restaurants catered to her vegan diet: "I ended up asking the waiter to bring me a plain baked potato and steamed green beans without butter. It may not have been the most elaborate meal, but it was something." Luckily, on the way back to the hotel, she found mango sorbet and "all was well with the world."

"Meat"ing in the Middle

Should a vegetarian host serve meat or allow meat to be brought into his or her home? Many veggies have mixed opinions on this very personal choice. "I have a no animal products policy in my home. If allowing animal products into your home is something that you're not comfortable with, you should absolutely express that to your guests and explain why," Freedman says. Nixon echoes those same sentiments: "My guests are free to eat how they choose in their own homes, but my home is vegetarian."

Other vegetarians are open to the idea. When it comes to traditional holiday feasts such as Thanksgiving, Hanukkah, or Christmas, Scott thinks traditional foods should be served: "Part of what makes these holidays so precious for some people is Auntie's sausage balls or Grandma's chicken casserole. If you take those away abruptly, the sentiment may be lost. That said, there's always room for a vegetarian dish to become a holiday staple as well, or to even take the place of a meaty holiday staple. It's all about the quiet revolution."

Scott's mother, Debra Hensley, agrees that veggies shouldn't prepare or serve meat if it violates their personal beliefs. Yet, she does think vegetarians "serve themselves and their friends well to be open-minded about the diversity of humanity," she says. "Meat brought into your home by friends or family should be served as the gift that it is to those who enjoy eating it."

If the discussion on whether or not meat will be served heats up, vegetarian Kathryn Pope of Los Angeles suggests "meating" in the middle by going to a restaurant, where veggies and omnies can eat as they wish.

Table Talk

As plates are passed and vegetarians pass on meat dishes, the subject of vegetarianism is bound to come up, especially if there are any veg-curious newcomers at the party—be it a neighbor, a cousin's girlfriend, or even an elderly relative whose memory isn't so sharp.

So, is a holiday get-together a good time to talk about vegetarianism? The answer depends on who's talking. "If someone asked me about it during a holiday party I'd talk about it, but I wouldn't bring it up," says Nixon.

"I'm of the mind that the holidays are for fun and rejoicing, and vegetarianism can be a hot-and-heavy topic, not far from religion or politics. Feel out the crowd before opening the floor to debate," suggests Healthy Voyager blogger Carolyn Scott (healthyvoyager.com).

On the other hand, Freedman views table talk as an opportunity, "It's always a good time to talk about vegetarianism as long as the conversation is handled in a diplomatic and conscientious way. You can get your point across without being a bully."

Amber Scott agrees: "Don't preach the vegetarian gospel. As much as you don't

omnivore
dos and don'ts

"DO clearly identify meat dishes, especially if the meat is hidden. A little place card with an ingredient list will go a long way. Vegetarians are used to reading ingredients lists," says Amber Scott.

DO try simple vegetarian substitutions when preparing favorite holiday recipes. For example, stuffing made with vegetable broth instead of chicken broth will delight the entire crowd.

DO pay as much attention to preparing veggie dishes as you do meat dishes.

"DON'T say something cavalier like, 'I could never be vegetarian,' or 'Oh, I love meat,'" says Rory Freedman.

"DON'T carve the bird or the ham in the center of the table. Instead, set up a carving table off to the side of the dining room or in the kitchen. Keep it accessible but also avoidable to make everyone happy," says Scott.

"DON'T express worry or apologize that the veggie will not be able to eat everything at the meal," says Barbara Unell.

is as easy as mixing oil and vinegar into a delicious vinaigrette.



want to be converted into a meat eater during dinner, meat eaters don't want to be lectured either."

Keeping the Peace

Here are some last words of wisdom on savoring the joy of the holiday season despite dietary differences. Remember: keeping the peace between omnies and veggies is as easy as 1-2-3!

1. COMPROMISE If your dearests are truly divided on issues of diet, Freedman suggests, "Make a deal: for Thanksgiving go to the meat-eaters' house, and for Christmas, they can come to your house. And agree not to discuss it."

2. JUDGE NOT "Keeping things light-hearted really does make a difference. It's often when people feel judged that things get uncomfortable," says Pope.

3. LET GO "Keeping the peace is really about letting things go," Amber Scott says. "Let it go if your uncle makes a comment about your 'picky' eating habits. Let it go if your vegetarian niece makes a gagging sound as she walks past the carved-up turkey. Love the ones you're with, and respect their lifestyles regardless of their dietary choices."

Now that you're well versed in veg etiquette, pass these pages around to your friends and family. To share your own advice and see what others have to say, become a fan of *Vegetarian Times* on Facebook and join the "Veg Etiquette Tips" discussion.

vegetarian dos and don'ts

"DO give a brief, honest answer when asked why you stopped eating animals," says Rory Freedman.

DO offer to bring a vegetarian dish that's ample enough to share.

DO plan a pre- or postholiday vegetarian potluck with other veggies in addition to your traditional holiday plans.

DON'T get preachy about vegetarianism.

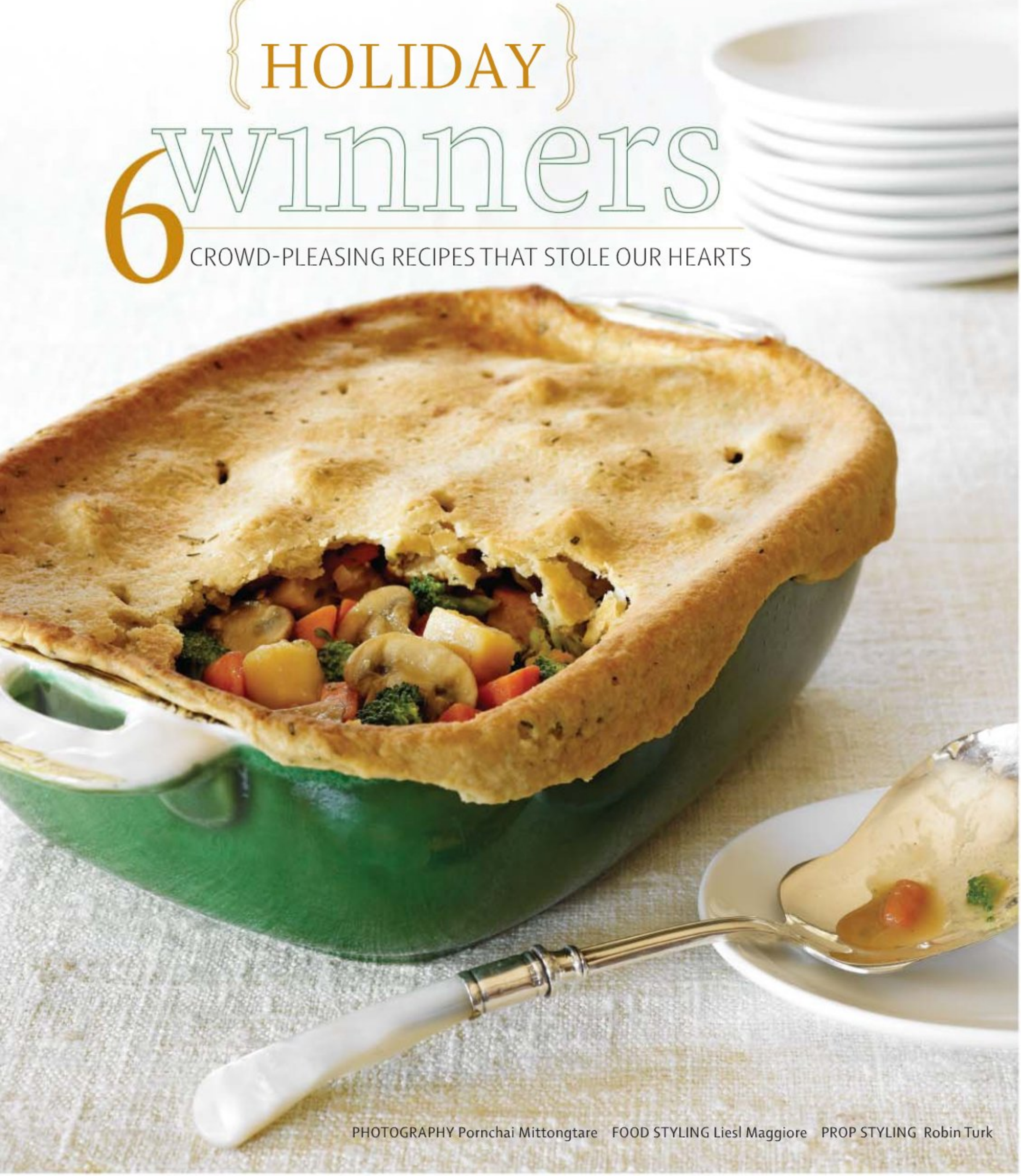
DON'T be surprised if omnivores are hesitant to dig in to dishes with unfamiliar ingredients, such as tofu, tempeh, or mock meats.

"DON'T make comments about your nausea at seeing a bird corpse being hacked away at. It may make you squeamish, but it's something that some people drool over. Respect the tastes of others and you'll be more likely to receive their respect for yours," says Amber Scott.

BY Gabrielle Harradine

{HOLIDAY} 6 winners

CROWD-PLEASING RECIPES THAT STOLE OUR HEARTS



PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

ITALIAN BAKER WITH HANDLE, FROM SURLATABLE.COM

There's nothing like serving up a special feast for family and friends who've gathered from near and far, especially when it ends up earning you compliments for months to come. That's why we dedicated our 2009 Reader Recipe Contest to finding the ultimate holiday recipes.

Luckily, *VT* readers heard the call and delivered. The wealth of entries was inspiring, but it got even better when we started testing the recipes. From classics, such as pot pies and cranberry sauce, to an inspired appetizer of guacamole-stuffed potato skins, we definitely had our plates full. When it came down to choosing the top six, our taste buds had the final say.

So go ahead, try these winners at your next holiday meal, and see how much praise you get.

1st place

Adrianne Dickson San Diego **PRIZE $500**

A hearty, comfort food main dish that will please meat eaters and vegans alike.

Thanksgiving Pot Pie

SERVES 8 | VEGAN

Working toward her master's in social work, Adrianne Dickson still finds time to read cookbooks for fun. "I first developed this recipe while living in Montana after my boyfriend told me he loved pot pie," she explains. "I started making the crust in a bag when we were working as raft guides and didn't have any place to roll out a crust."

FILLING

- 2 medium potatoes, diced (2 cups)
- 2 large carrots, sliced (1 cup)
- 3 Tbs. olive oil, divided
- 1 16-oz. pkg. firm tofu, drained and cut into cubes
- ¼ cup plus 2 Tbs. San-J Tamari Soy Sauce, divided*
- ½ tsp. granulated garlic, divided
- ¼ tsp. cayenne pepper, divided
- 2 cups sliced button mushrooms
- 1 large onion, diced (2 cups)
- 1 cup chopped broccoli florets
- 2 cloves garlic, minced (2 tsp.)
- ¼ cup all-purpose flour
- 2 cups low-sodium vegetable broth
- ½ cup plain soymilk
- 3 Tbs. red wine
- 1 Tbs. chopped fresh thyme
- 1 Tbs. chopped fresh sage
- 1 tsp. hoisin sauce
- ½ tsp. vegan Worcestershire sauce

CRUST

- 1¼ cups all-purpose flour
- ½ tsp. salt
- ½ cup nonhydrogenated vegetable shortening
- 1 tsp. chopped fresh rosemary
- 1 tsp. chopped fresh sage

1. To make Filling: Cook potatoes and carrots in large pot of boiling salted water 10 minutes, or until just tender. Drain, and set aside.

2. Heat 1 Tbs. oil in skillet over medium-high heat. Add tofu, and cook 5 minutes, or until tofu begins to brown. Stir in 2 Tbs. tamari, ¼ tsp. granulated garlic, and ⅛ tsp. cayenne pepper, and cook until all liquid has evaporated.

3. Heat 1 Tbs. oil in skillet or Dutch oven over medium heat. Add mushrooms, and cook 2 minutes. Add onion, broccoli, and garlic, and sauté 6 to 7 minutes, or until onions begin to soften.

4. Push veggies to side of Dutch oven. Add remaining 1 Tbs. oil to bottom of pot. Stir flour into oil with fork to make roux; stir until smooth. Stir roux into vegetables.

5. Stir broth into vegetables. Once gravy is smooth, add tofu, potatoes, carrots, soymilk, remaining ¼ cup tamari, and wine. Stir gently, then add thyme, sage, hoisin sauce, Worcestershire sauce, remaining ¼ tsp. granulated garlic, and remaining ⅛ tsp. cayenne. Remove from heat, and set aside, or transfer vegetables to large casserole dish.

6. To make Crust: Preheat oven to 375°F. Mix together flour, salt, and shortening with fork or pastry blender until mixture is crumbly. Stir in up to 4 Tbs. cold water, if necessary, for dough to stick together. Gently knead rosemary and sage into dough, and shape dough into ball. Place dough ball in plastic bag, and push out from center of ball to shape dough to size of Dutch oven or casserole dish. Remove dough from bag, and lay over vegetable filling in Dutch oven or casserole dish. Poke holes in dough to allow steam to escape. Bake 45 minutes, or until Crust is golden brown. Let stand 10 minutes before serving.

PER SERVING (1 SLICE): 394 CAL; 12 G PROT; 22 G TOTAL FAT (6 G SAT FAT); 36 G CARB; <1 MG CHOL; 978 MG SOD; 4 G FIBER; 5 G SUGARS

* Indicates contest sponsor ingredient



2nd place **Vivian Larsen** Boyertown, Pa. **PRIZE $300**

The noodles and thick, creamy sauce in this veg pot pie will keep you coming back for more.

Chickpea Pot Pie

SERVES 12

A vegetarian with a nonveg husband, Vivian Larsen started adapting Pennsylvania Dutch recipes familiar from her mate's childhood to win him over: "I tried this recipe out twice before taking it to a Christmas party for his family, where it got rave reviews."

- 2 Tbs. grape seed oil
- 1 medium onion, diced (1½ cups)
- 2 cloves garlic, minced (2 tsp.)
- 3 celery ribs, chopped (1 cup)
- 2 medium carrots, diced (1 cup)
- 6 cups low-sodium vegetable broth, divided
- 2 cups frozen corn kernels
- 1 15-oz. can Eden Organic Garbanzo Beans (chickpeas), rinsed and drained*
- 2 Tbs. dried parsley
- 1 Tbs. dried rubbed sage
- 1 Tbs. dried marjoram
- 2 bay leaves
- 1 16-oz. pkg. pot pie or egg noodles
- 2 Tbs. cornstarch
- 2 Tbs. whole-wheat flour
- 4 oz. reduced-fat cream cheese
- ½ cup grated Parmesan cheese
- 2 cups frozen peas
- 2 cups frozen green beans
- 1 sheet frozen puff pastry, thawed

1. Heat oil in Dutch oven over medium heat. Add onion, and cook 15 minutes, or until onion browns. Stir in garlic, then celery and carrots; sauté 5 minutes.
2. Stir in 5 cups broth, corn, chickpeas, parsley, sage, marjoram, and bay leaves; season with salt and pepper, if desired. Reduce heat to medium-low, and simmer 30 minutes. Stir in noodles, and cook 5 minutes, or until noodles are tender. Remove bay leaves.
3. Whisk together cornstarch, flour, and remaining 1 cup broth. Stir cornstarch mixture, cream cheese, and Parmesan into vegetable mixture. Season with salt and pepper, if desired. Remove from heat, and cool. Stir in peas and green beans.
4. Preheat oven to 375°F. Place puff pastry on top of vegetable mixture in Dutch oven, tucking in sides. Or, to make individual pot pies, divide vegetable mixture among 12 small pie dishes. Roll out puff pastry sheet into large square, and cut into 12 small squares. Drape each square over filling, tucking in sides. Pierce top or tops in several places with knife to allow steam to escape. Bake 30 to 40 minutes, or until crust is flaky and brown.

PER SLICE OR INDIVIDUAL PIE: 371 CAL; 13 G PROT; 12 G TOTAL FAT (3 G SAT FAT); 52 G CARB; 37 MG CHOL; 330 MG SOD; 6 G FIBER; 7 G SUGARS

3rd place

Ricki Blau Berkeley, Calif. PRIZE $200

This nutty, lightly sweet stuffing is an instant holiday classic.



Fruit and Toasted Almond Stuffing

SERVES 10 | VEGAN

Ricki Blau's family and friends range from omnivores to vegans, so when they gather for holidays she likes to prepare food they can all share. Blau put this recipe together last October when she hosted a few Canadian-American families for Thanksgiving dinner.

- 12 cups oatmeal bread or whole-wheat bread cubes
- ¾ cup almonds, coarsely chopped
- 5 Tbs. olive oil
- 1 large red onion, quartered and thinly sliced (2 cups)
- 2 celery stalks, sliced (1 cup)
- 2 large apples, peeled and diced (3 cups)
- 3 Tbs. fresh sage, cut into thin strips
- 3 Tbs. chopped fresh parsley
- 1 tsp. Simply Organic Thyme Leaf*
- ½ tsp. Simply Organic Crushed Red Pepper*
- ½ tsp. freshly ground Simply Organic Black Peppercorns*
- ½ tsp. Simply Organic Ground Nutmeg*
- 2 Tbs. maple syrup
- 2 Tbs. balsamic vinegar
- ½ cup dried cherries
- 3 cups no-salt vegetable broth

1. Preheat oven to 225°F. Spread bread cubes on baking sheet, and bake 30 to 45 minutes, or until dry and crisp. Transfer to large bowl.
2. Increase oven to 350°F. Spread almonds on baking sheet, and toast 10 minutes, or until pale brown and fragrant, stirring occasionally.
3. Coat 13- x 9-inch baking dish with cooking spray. Heat oil in large skillet over medium heat. Add onion, and cook 5 to 7 minutes, or until soft and translucent. Add celery, and sauté 2 minutes more. Stir in apples, sage, parsley, thyme, crushed red pepper, black pepper, and nutmeg; season with salt, if desired. Cook 5 minutes. Add maple syrup and vinegar, and remove from heat.
4. Combine apple mixture, bread cubes, almonds, and dried cherries in large bowl. Transfer to prepared baking dish, and pour broth over top. Cover with foil, and bake 40 minutes, or until stuffing begins to brown on top. If you prefer crisp stuffing, remove foil, and bake 10 minutes more.

PER ½-CUP SERVING: 343 CAL; 8 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 46 G CARB; 0 MG CHOL; 380 MG SOD; 6 G FIBER; 17 G SUGARS

BELLE CUISINE BAKING DISH, FROM REVOL; SPOON, FROM CRATEANDBARREL.COM

HONORABLE MENTION Eden Hommes

Heritage Lane Cranberry Sauce

SERVES 6 | VEGAN | GLUTEN FREE

"I grew up on a secluded dirt road called Heritage Lane, and every Thanksgiving my family would pick wild cranberries and make this sauce for our guests," reminisces Eden Hommes.

- 1 cup sherry or apple cider
- 1 cup sugar
- ½ tsp. Simply Organic Cinnamon Powder*
- 2 cups fresh cranberries, rinsed and drained
- 1 cup Bob's Red Mill Walnut Baker's Pieces*

1. Bring sherry, sugar, and cinnamon to a simmer in saucepan over medium heat. Simmer 1 minute, or until sugar has dissolved. Add cranberries and walnuts, and cook 8 minutes, or until cranberries have popped, stirring constantly.
2. Transfer to bowl, and chill well before serving.

PER ½-CUP SERVING: 290 CAL; 3 G PROT; 13 G TOTAL FAT (1 G SAT FAT); 41 G CARB; 0 MG CHOL; 4 MG SOD; 3 G FIBER; 36 G SUGARS





HONORABLE MENTION Mary Shivers

New-Style Thanksgiving Potatoes with Walnut Guacamole à la Mode

MAKES 16 POTATO HALVES | VEGAN | GLUTEN FREE

When she's not teaching or traveling, Mary Shivers loves to experiment with new recipes on her farm near Ada, Okla.

- 4 medium baked potatoes, cooled and cut in half lengthwise
- ¼ cup Eden Organic Safflower Oil*
- ¼ cup Bob's Red Mill Gluten Free Corn Flour*
- 1½ tsp. Simply Organic Garlic N Herb Seasoning*
- 4 large Avocados from Mexico, peeled and finely diced*
- 1 14.5-oz. can Eden Organic Diced Tomatoes with Roasted Onion, drained*
- ⅓ cup Bob's Red Mill Walnut Baker's Pieces*
- 1 tsp. Simply Organic Cilantro*
- ¼ tsp. Simply Organic Paprika*
- ½ tsp. Simply Organic All-Seasons Salt*
- ½ tsp. Simply Organic Veggie Pepper*
- ⅛ tsp. Simply Organic Cayenne*

1. Preheat oven to 400°F. Scoop out centers of potato halves, leaving ¼-inch thickness near skins. Liberally brush both sides of skins with oil. Dust skin sides with corn flour. Place in single layer, skin-sides down, on baking sheet. Sprinkle insides evenly with garlic-herb seasoning. Bake 15 to 20 minutes, or until golden brown.
2. Meanwhile, toss together avocados, diced tomatoes, and walnuts in large bowl. Sprinkle with cilantro, paprika, seasoned salt, pepper, and cayenne, and toss to coat.
3. To serve: divide avocado mixture among potato halves.

PER POTATO HALF: 153 CAL; 2 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 12 G CARB; 0 MG CHOL; 40 MG SOD; 4 G FIBER; 1 G SUGARS

HONORABLE MENTION } Kathryn Hostettler

Pumpkin Cheesecake with Candied Cranberries

SERVES 16 | VEGAN

Kathryn Hostettler works as a pet nanny, and volunteers for Rogers' Rescues, a virtual dog rescue.

CANDIED CRANBERRIES

- 2 cups fresh cranberries, rinsed and drained
- 2 cups Wholesome Sweeteners Fair Trade Certified Organic Sugar, plus more for coating cranberries*

CRUST

- 1 small pkg. vegan graham crackers (10 sheets of crackers)
- ⅛ tsp. salt
- 2 oz. nonhydrogenated vegan margarine, such as Earth Balance, melted

CHEESECAKE FILLING

- 12 oz. Nasoya Silken Tofu, drained*
- 8 oz. vegan cream cheese, softened
- ¾ cup canned pumpkin purée
- ½ cup Wholesome Sweeteners Organic Blue Agave nectar*
- ¼ cup Wholesome Sweeteners Fair Trade Certified Organic Dark Brown Sugar*
- 2 Tbs. Bob's Red Mill Cornstarch*
- 1 Tbs. lemon juice
- 1 tsp. Simply Organic Vanilla Extract*
- ½ tsp. Simply Organic Cinnamon Powder*
- ¼ tsp. Simply Organic Ginger*
- ¼ tsp. grated fresh nutmeg
- ¼ tsp. sea salt

1. To make Candied Cranberries: Prick each berry several times with needle. Bring sugar and 2 cups water to a boil in saucepan over medium-high heat. Cook 7 to 10 minutes, or until sugar reaches 230°F on candy thermometer. Add cranberries, and cook 10 minutes, or until syrup jells when dropped from tip of spoon. Remove berries with slotted spoon, and cool. Roll cranberries in sugar to coat. Set aside, or store up to 4 days.

2. To make Crust: Preheat oven to 350°F. Process graham crackers and salt into fine crumbs in food processor. Add margarine, and pulse to combine. Press mixture into bottom and halfway up sides of 9-inch springform pan.

3. To make Cheesecake Filling: Purée all ingredients in food processor 3 to 5 minutes, or until very smooth. Pour into Crust, and bake 50 to 60 minutes, or until Cheesecake Filling is set. Cool on wire rack, then chill completely in refrigerator, at least 3 hours or overnight. Slice and garnish each serving with Candied Cranberries.

PER SERVING (1 SLICE): 270 CAL; 3 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 50 G CARB; 0 MG CHOL; 188 MG SOD; 2 G FIBER; 40 G SUGARS



This creamy, decadent-tasting holiday cheesecake has under 300 calories per serving. Now that's something to be thankful for!

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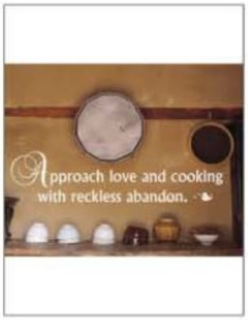


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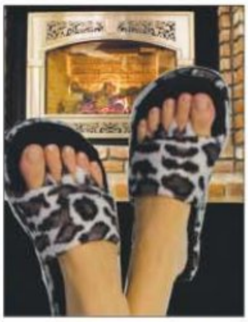


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(As required under the Act of August 12, 1970, Section 3685, Title 39, United States Code) Filed September 11, 2009.

The title of the publication is Vegetarian Times. (ISSN #0164-8497). It is published monthly except June, August and December. The annual subscription price is $19.90. The known office of publication is located at Vegetarian Times, 475 Sansome St., Ste. 850, San Francisco, CA 94111. The general business offices are located at Vegetarian Times, 300 N. Continental Blvd., Suite 650, El Segundo, CA 90245. The Publisher is Bill Harper, Vegetarian Times, 300 N. Continental Blvd. Suite 650, El Segundo, CA 90245. The Editor is Liz Turner, Vegetarian Times, 300 N. Continental Blvd., Suite 650, El Segundo, CA 90245. The sole stockholder owning 100% of the total amount of stock of Vegetarian Times, Inc. is Cruz Bay Publishing, Inc., 300 N. Continental Blvd., Suite 650, El Segundo, CA 90245. There are no bondholders, mortgagees or other security holders. The average number of copies printed per issue during the preceding 12 months was 332,974; for October 2009, 352,807. The average sale of copies through dealers, carriers, street vendors, and counter sales for each issue during the preceding 12 months was 35,746; for October 2009, 37,368. The average sale of copies through paid or requested mail subscriptions for each issue during the preceding 12 months was 228,366; for October 2009, 234,346. The average of other classes mailed through the USPS for each issue during the preceding 12 months was 0; for October 2009, 0. The average total paid circulation per issue during the preceding 12 months was 264,112; for October 2009, 271,714. The average number of sample, complimentary or free copies distributed by mail for each issue during the preceding 12 months was 7,770; for October 2009, 12,948. The average number of copies distributed free outside the mail during the preceding 12 months was 2,704; for October 2009, 2,774. The average total free distribution during the preceding 12 months was 10,474; for October 2009, 15,722. The average number of copies distributed for each issue during the preceding 12 months was 274,586; for October 2009, 287,436. The average number of copies not distributed, returned from news agents, for office use, leftover and spoiled for each issue during the preceding 12 months was 58,388; for October 2009, 65,371. The average number of copies distributed for each issue during the preceding 12 months by all means was 332,974; for October 2009, 352,807. The average percent paid and/or requested circulation for the preceding 12 months was 96.19%; for October 2009, 94.53%.

I certify that the statements made by me above are correct and complete.

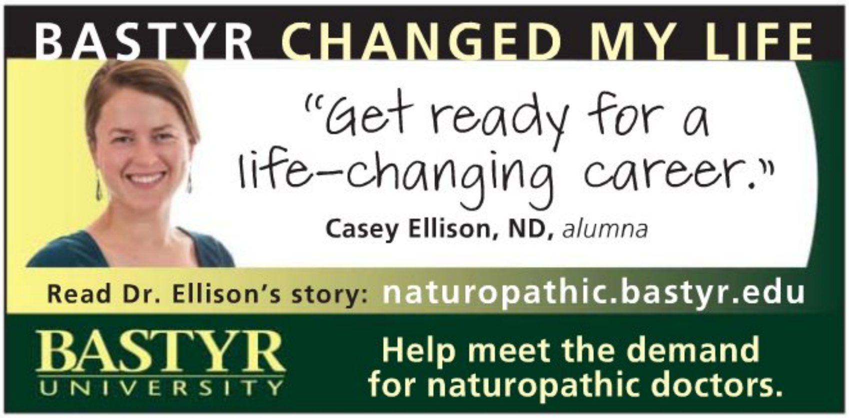
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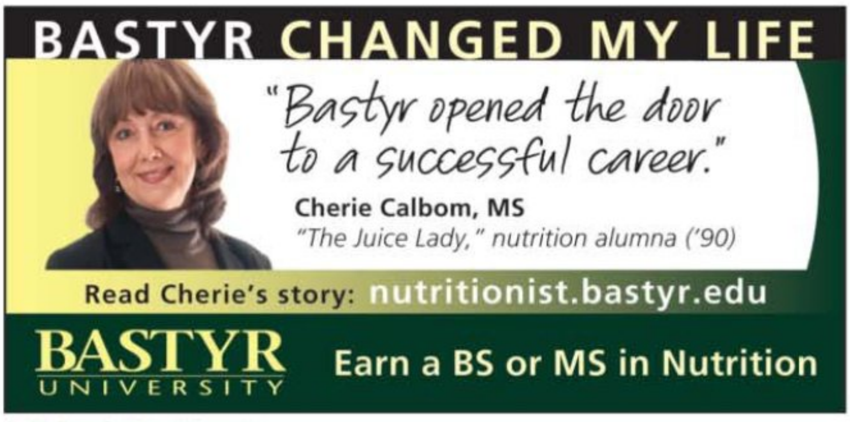


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BY Mary Margaret Chappell



persimmons

"My mother said every persimmon has a sun inside, something golden, glowing, warm as my face." —Li-Young Lee, "Persimmons"

PHOTOGRAPHY: MIKE LORRIG

Flame-colored persimmons light up the late-autumn produce scene with their exotic look and sweet, juicy flesh. "Persimmons have a melony taste with almost tropical undertones and a slightly astringent bite," notes Chris Kerston, sales manager at Chaffin Family Orchards in Oroville, Calif., where the fruits grown in the orchard behind the house are in high demand. Cultivated varieties are native to Asia, but America boasts its own species, the small, wild *Diospyros virginiana,* which grows all along the East Coast and west to Texas and Kansas.

Chef's secret

"We recommend that people keep persimmons whole in the freezer and then thaw them out whenever they need them," says Chris Kerston. "The result is a very soft, supple, smooth texture that can be used in all sorts of entrées and really any baked good."

Varieties to try

Fuyu These golden-orange, round fruits are hard and crisp, like apples. They can be eaten as a snack or sliced into salads.

Hachiya Peach-size, soft-fleshed Hachiya persimmons can be halved and eaten with a spoon or used to make pies, puddings, and jams.

Wild persimmons Too delicate and often too astringent to market commercially, wild persimmons must be ultraripe to be edible and can be found at farmers' markets in the late fall—usually after the first frost. They work best in baked goods and jams.

How to buy and store

Look for plump and smooth persimmons with a little give. Persimmons must be very ripe, otherwise they can taste astringent. Ripen them on the counter at room temperature or in a paper bag with an apple or a banana. Once they're ripe, store persimmons in the fridge so they last.

+ TRY VT'S "PERSIMMON SALAD WITH TOASTED WALNUTS AND DRIED CRANBERRIES" ON VEGETARIANTIMES.COM.


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